

SOUTHEAST MISSOURI
REDHAWKS



**2010-2011
Track & Field**



Virtual Guide

SOUTHEAST MISSOURI STATE

2010-2011 TRACK & FIELD ROSTER

MEN'S ROSTER

NAME	EVENT	YR	HOMETOWN/LAST SCHOOL
Blake Carter	Sprints	FR	O'Fallon, Mo./Fort Zumwalt North
Brandon Colbert	Throws	SR	Troy, Mo./Troy
Brent Collins	Distance	FR	Baldwin, KS./Hermitage RIV
Ryan Criglar	Sprints/Jumps	SR	Malden, Mo./Malden
Dustin Davis	Distance	SR	Edwardsville, Ill./Edwardsville
Robert Delaria	Sprints	SR	St. Louis, Mo./Parkway West
Ed Draper	Javelin	GR	Ina, Ill./Judson University
Devon Dudding	Distance	SO	Edwardsville, Ill./Edwardsville
Jamere Franklin	Sprints	SR	Los Angeles, Calif./Chaffey College
Cody Green	Distance	FR	Millersville, Mo./Jackson
Steve Hendry	Throws	JR	Manchester, Mo./Parkway West
Kenny Hosp	Jumps	JR	Marion, Ohio/Ohio State
Chris Johnson	Jumps	SR	St. Louis, Mo./Marquette
Joel Krause	Distance/Javelin	JR	Knob Noster, Mo./Knob Noster
Chris Loseman	Distance	SR	St. Charles, Mo./Francis Howell North
Jason Lumpkin	Distance	SR	Ballwin, Mo./Marquette
Cody Martin	Distance	SR	St. Charles, Mo./Francis Howell Central
Evan Miller	Jumps	SO	Ste. Genevieve, Mo./Valle Catholic
Tyler Mullen	Distance	SO	St. Peters, Mo./Fort Zumwalt South
John Musgrove	Sprints	FR	St. Louis, Mo./Lindbergh
Craig Robinson	Throws	SO	Hayti, Mo./Hayti
Nate Shipley	Distance	JR	St. Charles, Mo./Francis Howell North
Jared Siemers	Throws	SO	Cape Girardeau, Mo./Cape Central
Deandre Simmons	Sprints	JR	Cape Girardeau, Mo./Allen C.C.
Antoine Smith	Jumps	SR	Florissant, Mo./Hazelwood East
Paul Stemmerman	Distance	SR	Eureka, Mo./Eureka
Tyson Stoverink	Sprints	FR	Jackson, Mo./Steve Wachter
Tyler Terry	Jumps	SR	Cape Girardeau, Mo./Cape Central
Josh Uchtman	Throws	SR	Steeleville, Ill./Steeleville
Max Wieser	Distance	JR	Cape Girardeau, Mo./Saxony Lutheran
Jeff Wilfong	Pole Vault	SO	Bonne Terre, Mo./North County
Patrick Yates	Distance	FR	St. Charles, Mo./St. Dominic
Alex Zisser	Distance	SO	St. Louis, Mo./Lutheran South

WOMEN'S ROSTER

NAME	EVENT	YR	HOMETOWN/LAST SCHOOL
Travon Beard	Hurdler	JR	Orlando, Fla./Maynard Evans
Shemeika Brewer	Jumps	JR	Clarksdale, Miss./Clarksdale
Nikki Buchheit	Pole Vault	SO	Fenton, Mo./Rockwood Summit
Jazmine Davis	Distance	FR	Florissant, Mo./Hazelwood Central
Sharayah Davis	Sprints	JR	St. Louis, Mo./Pattonville
Magan Edwards	Sprints	JR	Brooklyn, NY/Essex College
Brianna Egbuka	Throws	SR	Cape Girardeau, Mo./Cape Central
Samantha Espiricueta	Throws	SR	Belton, Mo./Belton
Stephanie Essner	Sprints	FR	Scott City, Mo./Scott City
Courtney Gapelu	Thrower	FR	Independence, Mo./Fort Osage
Kelley Good	Mid-Distance	SR	Bolivar, Mo./Bolivar
Erica Grajales	Sprints	FR	Maryland Heights, Mo./Parkway North
Hannah Groom	Javelin	SR	Overland Park, Kan./NW Missouri St.
Cara Harbstreet	High Jump	SR	Urich, Mo./Sherwood
Christy Hazel	Distance	SO	St. Charles, Mo./Francis Howell Central
Tyler Hodges	Jumps/Sprints	SO	Homestead, Fla./Homestead
Unique Hooks	Hurdles	SO	Raytown, Mo./Raytown South
Rachel Kahle	Sprints/Jumps	SR	Jackson, Mo./Jackson
Jerika Lewis	Sprints	SO	Richton Park, Ill./Rich South
Lauren McNamara	Pole Vault	SR	Breese, Ill./Mater Dei
Tiffany Mead	Distance	JR	Cape Girardeau, Mo./Cape Central
Monica Noble	Distance	SR	St. Charles, Mo./Francis Howell North
Emilea Old	Thrower	FR	Holts Summit, Mo./Jefferson City
Kasey Owens	Distance	SR	Eureka, Mo./Eureka
Mary Pearson	Jumps	SR	Cape Girardeau, Mo./Cape Central
Triona Roberts	Sprints	FR	Rock Island, Ill./Rock Island
Jill Schnurbusch	Pole Vault	SO	Cape Girardeau, Mo./Notre Dame
Liz Speicher	Distance	JR	Edwardsville, Ill./Edwardsville
Madalyn Stichnot	Distance	FR	Lexington, Ky./Tates Creek
Samantha Thierry	Distance	SO	O'Fallon, Mo./Ft. Zumwalt West

COACHING STAFF

Head Coach: Eric Crumpecker
 Assistant Coach (Cross Country/Distance): Ryan Lane
 Assistant Coach (Sprints): Tara Zapata
 Assistant Coach (Jumps): Matt Koelling



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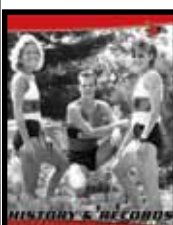
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QUICK FACTS

SCHOOL INFORMATION

Name	--- Southeast Missouri State University
Location	----- Cape Girardeau, Mo.
Founded	----- 1873
Enrollment	----- 10,859
Affiliation	----- NCAA Division I
Conference	-- Ohio Valley Conference
Nickname	----- Redhawks
Colors	----- Red, White and Black
President	---- Dr. Kenneth W. Dobbins
Director of Athletics	----- John Shafer
SWA/Associate AD	---- Cindy Gannon
Outdoor Facility	--- Abe Stuber Complex
Indoor Facility	---- Southeast Rec Center

COACHING STAFF

Eric Crumpecker (Head Coach)	
Alma Mater	---- Missouri-Rolla (1990)
Phone	----- (573)-986-7302
Email	---- ecrumpecker@semo.edu
Tara Zapata (Assistant Coach - Sprints)	
Alma Mater	----- Lincoln (1999)
Email	----- tzapata@semo.edu
Ryan Lane (Assistant Coach - Distance)	
Alma Mater	----- SEMO (2006)
Email	----- rlane@semo.edu
Matt Koelling (Assistant Coach - Jumps)	
Alma Mater	- Emporia State (2010)
Email	----- mkoelling@semo.edu
Katie Niles	----- Athletic Trainer
Patrick Clark	----- Media Contact

The 2010-11 Southeast Missouri State Track & Field Virtual Guide was written, edited and designed by Assistant Sports Information Director Patrick Clark and Sports Information Associate Bo Bunton. Cover design and additional graphics assistance provided by Southeast Missouri State University Relations. Additional editorial assistance by Jeff Honza, Frank Cuervo and Tony Valleroy. Photography by Patrick Clark, Marc Mahnke, Tony Marable, Haley Bohnert, Sam Jordan and Mike Grace.





ABE STUBER TRACK

The Southeast Missouri State track and field teams train and compete at the Abe Stuber Track & Field Complex during the outdoor season. Considered one of the finest track facilities in the Midwest, it has been the host of the Ohio Valley Conference Outdoor Track & Field Championships five times, most recently following the 2008 season. The facility is also the home of the annual Joey Haines Invitational, held the first weekend of every April.

Dedicated in the spring of 1980 and named after the late Abe Stuber, who coached the Southeast track squads from 1932-46, the facility includes a press box and spectator seating for up to 2,000 people. Designed strictly as a track and field complex it has also served as the host site of three NCAA Division II National Track & Field Championships.

The track and runways were resurfaced in 2001 and a weight room and office building added adjacent to the track in 2002. The 2,000 square foot building houses a 1,500 square foot weight room, offices, bathrooms and storage.

The spacious weight room is equipped with seven multi-power racks and lifting platforms. It contains nearly 5,000 pounds of free weights, 3,000 pounds of dumbbells and numerous weight machines.

The completion of this \$300,000 project has given the team one of the best training facilities in the region. The complex allows the men's and women's track teams to practice at any time, in a safe and efficient manner.

The complex is located on the north edge of campus off Sprigg Street and within walking distance to the University.

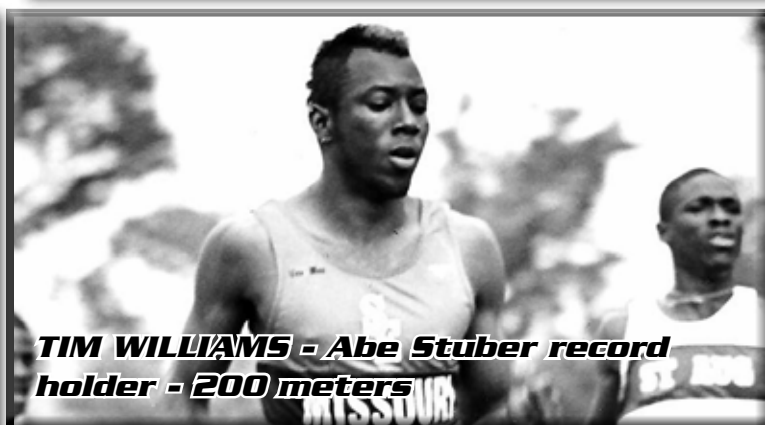


K & FIELD COMPLEX



ABE STUBER COMPLEX RECORDS

100m	Dana Gardner, SEMO	10.24/1986
	Tracy Mayfield, Abilene	11.40/1987
100m H	Jackie Humphrey, ECU	13.36/1988
110m H	Jack Pierce, Morgan State	13.62/1983
200m	Tim Williams, SEMO	20.66/1987
	Kim Walker, Abilene	23.32/1987
400m	Charles Phillips, Abilene	45.12/1983
	Jearl Miles, Alabama A&M	52.36/1987
400m H	Tranel Hawkins, Angelo State	49.11/1984
	Yolanda Henry, Abilene	57.45/1987
800m	Fred Williams, Abilene	1:47.81/1984
	Treana Colebrook, Cal. Poly	2:03.71/1987
1500m	Kip Cheruiyot, Mt. St. Mary's	3:38.91/1987
	Treana Colebrook, Cal. Poly	4:14.77/1987
5000m	Charles Cheruiyot, Mt. St. Mary's	13:52.05/1987
	Lesley White, Cal. Poly	16:15.37/1987
10,000m	Keith Hanson, Marquette	28:58.80/1985
	Andrea Everett, Purdue	33:40.60/1986
Steeple	Ed Wedderborn, Murray State	8:37.50/1982
	Mary Ballinger, So. Indiana	10:48.49/2008
4X100m	Abilene Christian	39.20/1984
	Hampton (W)	44.80/1987
4X400m	Abilene Christian	3:03.38/1984
	Abilene Christian (W)	3:36.42/1987
Hammer	Steffan Nerdal, Memphis	221-3/2008
	Brittany Riley, SIUC	222-8/2008
Shot Put	Mike Lehmann, Illinois	64-6.75/1982
	Connie Price, Nike	60-0/1990
Discus	Vestein Hafsteinson, Alabama	208-1/1986
	Connie Price, Coast Athletics	198-1/1987
Javelin	David Stephens, Cal St-North	261-6/1984
	Sonya Smith, Abilene	183-8/1983
Long Jump	Yusuf Alli, Puma	27-6/1987
	Dedra Davis, SW Missouri	21-6.25/1992
Triple Jump	Stan Oporski, Cal St-LA	54-7.75/1987
	Dana Boone, Middle Tenn.	42-7.25/1992
High Jump	Steve Smith, Indiana State	7-5.25/1991
	Yolanda Henry, Abilene	6-3.25/1987
Pole Vault	Dale Jenkins, Abilene	18-2/1984
	Jen Leaman, Unattached	11-6/2000
Decathlon	William Motti, Mt. St. Mary's	8052 pts/1984
Heptathlon	Marlene Harmon, Cal St-North	5872 pts/1983



TIM WILLIAMS - Abe Stuber record holder - 200 meters

2010-11 SOUTHEAST MI



GOSOUTH



SOUTHEAST STUDENT

During the indoor season the Southeast Missouri track and field teams train and compete at the Southeast Student Recreation Center. The facility is connected to the Show Me Center.

The Student Recreation Center, which opened in 1986, has over 94,000 square feet of recreational space that is open to all students and paid members. It provides quality recreational facilities and amenities for use year round.

Among the features is a four lane 185 meter track. The track itself has a new, lightning-fast Mondo surface and is complete with jumping and vaulting pits, as well as throwing areas.

Complete weight training areas are also located in the building just adjacent to the track. The weight room features 65 different pieces as well as the latest in cardio, selectorized and plate machines.

The newest feature of the Student Recreation Center is the new Student Aquatic Center. The SAQ features a six-lane lap pool, leisure pool complete with a rock climbing wall, zip line, rope swing, water basketball and volleyball and a hot tub.

The Student Recreation Center annually hosts the Redhawk Invitational, one of the top late-season indoor meets of the season. The meet attracts several schools and world-class athletes throughout the Midwest.

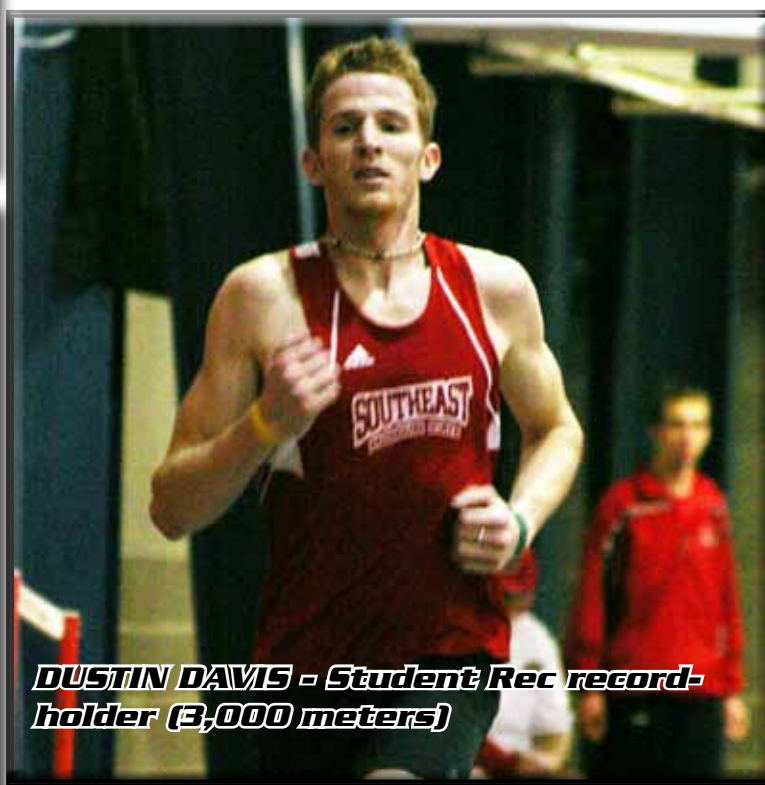


RECREATION CENTER



SOUTHEAST STUDENT REC CENTER RECORDS

55m	Cameron Mabry, Eastern Illinois	6.29/1998
	Heather Samuel, Murray State	6.93/1994
55mH	Gabe Spezia, Eastern Illinois	7.44/2000
	Theresa Smith, UAB	8.00/2003
200m	Emmanuel Opoku, SEMO	20.22/2000
	Heather Keltner, SEMO	24.90/2000
400m	Oneil Wright, UT Martin	49.40/2000
	Heather Keltner, SEMO	54.76/2000
600m	Chad White, Eastern Illinois	1:22.80/1998
	Heather Keltner, SEMO	1:34.50/1998
800m	Jason McKinney, Murray State	1:54.20/1998
	Tammy Wenkel, SEMO	2:14.40/1998
Mile	Jason McKinney, Murray State	4:19.10/1996
	Juli Koenegstein, SEMO	5:04.30/2008
3000m	Dustin Davis, SEMO	8:54.68/2009
	Bridgette Buitron, Western Illinois	10:23.03/2001
4X400m	Arkansas State	3:24.38/2000
	SEMO (W)	3:53.66/2001
Weight	Steffan Nerdal, Memphis	74-0.25/2010
	Shameka Dial, Murray State	61-11.50/2009
Shot Put	Brandon Colbert, SEMO	58-4.5/2008
	Gail Lee, Unattached	57-8.25/2008
Long Jump	John Berry, SEMO	24-10.5/2007
	Heather Denihan, SEMO	20-2.5/1998
Triple Jump	Jon Riley, SEMO	50-1.5/1998
	Keyvia Davis, Austin Peay	39-4.5/2008
High Jump	Al Winsley, Unattached	7-0.75/2009
	Cheri Edri, Memphis	5-8/2007
Pole Vault	Brad Tyler, Arkansas State	16-8/2000
	Rondeline Sergent, Unattached	12-11.5/2007



DUSTIN DAVIS - Student Rec record-holder (3,000 meters)







Prevention.

Treatment.

Rehabilitation.

Education.

Those are the four primary phases of athletic training, and the Southeast Missouri State University Athletic Training staff strives to fulfill all of those areas when working with the student-athletes on a daily basis.

Southeast student-athletes are offered the best care possible by the Athletic Training staff. Head Athletic Trainer, Alfred Castillo, directs the Sports Medicine department which includes four full-time athletic trainers, six graduate assistants and several student as-

sistants. The staff serves student-athletes around-the-clock at numerous facilities on campus.

The Athletic Trainers begin treatments and rehabilitation starting as early as 6:00 a.m., and are available until the last student-athlete is through. There are currently four athletic training facilities on campus. The staff treats out of Rosengarten Athletic Complex, where the primary athletic training room is located. There are three other satellite athletic training rooms, including one at Houck Field House, one on the lower level of New Hall Residence Building and one at the Show Me Center.

The Southeast Athletic Training rooms are equipped with stationary bikes, hand weights, therapeutic modalities, and the latest physical therapy equipment. Each component is strategically designed to not only give the student-athlete the best care, but also to aid in returning to competition as quickly as possible.

MEDICINE

Southeast Athletic Training has strong working relationships with local physicians and the two hospitals located within Cape Girardeau. It is from these hospitals that the Athletic Training department is assisted by four orthopedic physicians.

The Southeast Athletic Training program prides and commits itself to providing the best comprehensive, personalized and efficient health care to its student-athletes. Delivery of healthcare focuses on the prevention and management of athletic-related injuries or illnesses, while adhering to the National Athletic Trainers' Board of Certification Standards of Professional Practice. Our high quality of athletic healthcare is provided in combination with the education of athletic training students.



The Southeast Athletic Training staff is under the direction of Alfred Castillo. Castillo and his staff serve student-athletes at a variety of facilities on campus.







The Redhawks Success Center offers Southeast Missouri State student-athletes a place to study and develop as students and campus leaders.

The Redhawks Success Center is located in Student Recreation Center, just south of Houck Stadium. The facility offers a computer lab with 18 computer work terminals, study areas and rooms for group meetings.

The area is under the guidance of Cindy Gannon, Associate Director of Athletics, with assistance from Director of Academic Services Sharon Burgard and two graduate assistants - Geoff Wester and Israel Kirk.

The beautiful facility has enhanced the outstanding work in the classroom already enjoyed by Southeast student-athletes. During the 2009 fall semester, the Southeast athletic programs combined for a 3.12 grade point average, its highest for a fall term. Eleven of the Redhawks 15 programs recorded a team GPA of 3.0 or better. In all, 207 student-athletes recorded at least a 3.0 GPA. Of that group, 50 finished the fall term with a perfect 4.0.

Tutors are available for all student-athletes as needed.

In addition, both attendance and academic progress are monitored through regular checks with faculty.

A special course is required for all first time student-athletes at Southeast. The course, which offers three credit hours, is part of a comprehensive program developed to address study skills and life skills topics and thus, enhance retention and academic success for student-athletes.

Entering student-athletes are evaluated for academic preparedness and assigned to appropriate categories. Student-athletes can also receive individualized academic programs which includes meeting with a mentor at least bi-weekly to discuss academic progress.

The Success Center staff also works to get athletes involved in campus and community projects. This is done to provide a support structure and greater opportunity for academic success for student-athletes. Through the NCAA's CHAMPS/Life Skills Program the Success Center gives student-athletes personal and professional skills in order to facilitate successful and productive futures.







MISSION STATEMENT



The Southeast Missouri State University Department of Athletics recognizes the University's responsibility for the advancement and transmission of knowledge and the preparation of leaders in all segments of society.

The Department of Athletics supports the educational objectives, academic progress and general welfare of student-athletes.

It offers assistance and encouragement for student-athletes to maintain appropriate academic progress and to achieve their individual educational goals.

It provides an atmosphere which supports equitable opportunity for all students and staff, including women and minorities. The Department of Athletics offers student-athletes opportunities to excel in their particular sport, while embracing the NCAA's principles of sportsmanship and ethical conduct.



COACHING STAFF

COACHING STAFF



2011 SOUTHEAST MISSOURI TRACK & FIELD

THE CRUMPECKER FILE

Hometown: Union, Mo.
Alma Mater: Missouri-Rolla
(1990)

COACHING EXPERIENCE

SEMO (1991-2008):

Assistant Coach

SEMO (2008-Present)

Head Coach



CHAMPIONS & NATIONAL QUALIFIERS

OHIO VALLEY

CONFERENCE CHAMPIONS

21 MEN'S SHOT PUT
16 WOMEN'S SHOT PUT
12 WOMEN'S JAVELIN
11 MEN'S DISCUS
8 MEN'S JAVELIN
7 WOMEN'S DISCUS
5 MEN'S WEIGHT THROW
4 WOMEN'S WEIGHT THROW
2 WOMEN'S HIGH JUMP
1 WOMEN'S 400 METER
1 WOMEN'S 3,000 METER
STEEPLECHASE
1 MEN'S LONG JUMP
1 MEN'S TRIPLE JUMP

NCAA DIVISION I

PROVISIONAL QUALIFIERS

1995, RANDY JOHNSON, JAVELIN
1997, RANDY JOHNSON, JAVELIN
2000, LUTRICIA PURHAM,
INDOOR SHOT PUT

2003, JAY HEDDELL, SHOT PUT

2004, JAY HEDDELL, SHOT PUT

2004, HEATHER JENKINS,
WEIGHT THROW

2009, JOSH UCHTMAN, SHOT PUT

2009, BRANDON COLBERT, DISCUS

NCAA DIVISION I

NATIONAL COMPETITORS

1999, LUTRICIA PURHAM, SHOT
PUT (15TH)

2000, LUTRICIA PURHAM, SHOT
PUT (15TH)

2002, HEATHER JENKINS, DISCUS
(15TH)

2004, HEATHER JENKINS, DISCUS
(21ST)

2009, SAMANTHA ESPIRICUETA,
JAVELIN (26TH)

ERIC CRUMPECKER

HEAD COACH • THIRD SEASON



Eric Crumpecker enters his third season as the head coach of the Southeast Missouri State track and field program. Crumpecker is in his 20th season with the Southeast Missouri program, serving 17 of those seasons as an assistant coach.

Announced as head coach on May 14, 2008 after Hall of Fame coach Joey Haines retired following 26 years at the helm, Crumpecker immediately made his presence felt in his first season.

Last season, the men's and women's team placed second at the Ohio Valley Conference Indoor Track & Field Championships. On the men's side, Brandon Colbert was named Athlete of the OVC Championships, Josh Uchtman was named Field Athlete of the Year, and Tyler Mullen was honored with Co-Freshman of the Year. Colbert broke the championship record in the weight throw, while Tyler Terry, Josh Uchtman, Jason Lumpkin and Jerika Lewis were all crowned OVC Indoor Champions.

During the outdoor season, the team's repeated as runner-ups at the OVC Championships. They combined for seven individual titles, four of which were in throwing events. Brandon Colbert was named Field Athlete of the Year, while Chris Gill took home Track Athlete of the Year. On the women's side, Jerika Lewis was named Co-Freshman of the Year.

In Crumpecker's first season at the helm, the teams combined to win eight individual titles at the league championships. Six of those titles came in the throwing events as the men and women each won the javelin, shot put and discus crowns. That accomplishment marked the first time that an OVC team combined to win all six individual throwing titles in an outdoor championship.

The successful outdoor season garnered two individual postseason honors with Brandon Colbert being named the OVC Outdoor Male Field Athlete of the Year and Ashley Brewer taking home

the OVC Outdoor Female Field Athlete of the Year award.

Crumpecker had five athletes compete in the NCAA Mid-East Regional Track Championships in 2009 with javelin thrower Samantha Espiricueta placing second and qualifying for the NCAA Outdoor Track & Field Championships. She became the first student-athlete from the women's team to compete at the national meet since 2002.

During the 2009 season, both the men's and women's team placed second at the Ohio Valley Conference Indoor Track & Field Championships. The two teams combined for six OVC indoor titles and took home three of the OVC's six individual postseason awards including Male Field Athlete of the Year, Male Freshman of the Year and Female Freshman of the Year.

Academically, the men's team was the lone OVC representative to garner USTFCCCA Academic Honors last season, compiling a 3.03 team GPA. The women's team finished with a 3.30 GPA, the third-straight season they have been honored.

During his years as a Southeast assistant, working primarily with the field events, Crumpecker was a part of 20 OVC team titles, coached 81 OVC individual champions, 131 OVC all-conference performers, six OVC Track Athletes of the Year, four NCAA national finalists, 12 NCAA provisional qualifiers, 26 NCAA regional qualifiers and five regional finalists. He coached Southeast student-athletes to 11 school records and three OVC records.

A native of Union, Mo., Crumpecker is a USATF Level 1 certified coach. He has a Bachelor of Arts degree in history from Missouri-Rolla and a Master of Science in Administration from Southeast Missouri. As a collegiate athlete, Crumpecker was a starting lineman for the UMR football team and earned All-MIAA honors in the shot and discus for the Miners' track team. He and his wife, Amy, reside in Jackson, Mo. and have a two-year old daughter, Ella.



THE ZAPATA FILE

Hometown: Brooklyn, N.Y.
Alma Mater: Lincoln University
(1999), MBA (2002)

COACHING EXPERIENCE

Essex County College: (2005-07)
Assistant Coach
Arkansas- Little Rock (2007-08)
Assistant Coach
SEMO (2009-Present)
Assistant Coach



Tara Zapata begins her third season as an assistant coach for the Redhawk track and field team. She oversees all training and coaches both the men's and women's sprinters and hurdlers.

Last season, Zapata coached freshman Jerika Lewis to an OVC Indoor title in the 400 meters and OVC Outdoor Co-Freshman of the Year honors. Chris Gill was named the OVC's Outdoor Track Athlete of the Year. Both the men's and women's 4x400 relay teams placed second in the Indoor Championships and repeated the honors in the Outdoor Championships.

All together she has coached 25 All-OVC performances, including the 2009 Women's Indoor 4X400 Meter Relay champions.

Prior to her stint at Southeast Missouri, Zapata coached the sprinters and hurdlers at the University of Arkansas-Little Rock. In 2008, she coached two student-athletes who qualified for the NCAA Outdoor Midwest Regional.

Zapata, a native of New York City, began her coaching career in 2005 at Essex County College in Newark, New Jersey where she spent two seasons. She coached 16 national champions and 14 All-Americans. The 2007 ECC women's team won the NJCAA Division I national championship.

A NAIA, NJCAA, and NCAA All-American and honorable mention All-American sprinter, Zapata was a member of the 1996 NAIA Outdoor Championships team at Central State University in Wilberforce, Ohio.

Zapata received her B.S. in Business Administration in 1999 and her M.B.A. in Business Administration in 2002 from Lincoln University in Jefferson City, Mo.

TARA ZAPATA
ASSISTANT COACH (SPRINTS) • THIRD SEASON



THE LANE FILE



Hometown: St. Charles, Mo.
Alma Mater: SEMO (2006),
MBA (2008)

COACHING EXPERIENCE

Francis Howell North: (2004-05)

Assistant Coach

Cape Central H.S.: (2005-06)

Assistant Coach

SEMO (Present)

Assistant Coach

Ryan Lane takes over as the primary coach for all distance events and will serve as the cross country head coach.

Lane returns to the program in which he interned as a coach for the Redhawk track and cross country programs during the 2008-09 seasons. That season, the Redhawk cross country teams each recorded top-three finishes at the Ohio Valley Conference Championships.

During that time, he received his Masters in Higher Education, finishing with a 4.0 cumulative grade point average.

Prior to his coaching internship at Southeast, he served as an assistant coach for the Cape Central High School cross country and track programs from 2004-2005.

From 2006-2007, he served as an assistant coach at his alma mater, Francis Howell North High School.

In all, he has coached 41 All-State performers on the prep level.

Lane competed on the Southeast cross country and track team from 2002-2003 before an injury cut his career short.

He received his undergraduate degree from Southeast in 2006, graduating Magna cum Laude in Education.

Lane is an accomplished marathon runner who is currently training for a 50K ultra-marathon. In 2008, he placed ninth at the St. Louis Marathon and in 2009 he finished 147th at the Boston Marathon. His personal best marathon time is 2:38.00.

He is married to the former Stacy Dohogne and the couple resides in Cape Girardeau.



RYAN LANE

ASSISTANT COACH (CROSS COUNTRY/DISTANCE) • FIRST SEASON

GOSOUTHEAST.COM



2011 SOUTHEAST MISSOURI TRACK & FIELD

THE KOELLING FILE

Hometown: Emporia, Kan.
Alma Mater: Emporia State
(2010)

COACHING EXPERIENCE

Emporia State: (2010)
Volunteer Assistant
SEMO (2009-Present)
Assistant Coach



Matt Koelling will coach the Redhawk jumpers and assist in recruiting and additional administrative duties for the program.

Koelling joins the staff after a standout competitive career at Emporia State. He was the team's top triple and long jumper, twice advancing to the finals of the NCAA Division II National Championships.

In 2008, he placed 12th in the triple jump at the Outdoor National Championships and in 2010 finished ninth at the Indoor National Championships in the triple.

He is a five-time provisional qualifier for Nationals in the triple jump. His personal best in that event is 49'-1.75". His personal best of 23'-3.50" in the long jump provisionally qualified him for Nationals as well.

Prior to Emporia State he spent one year at Kansas where he was a member of the Jayhawk football team.

He started his collegiate career at Barton County Community College in Great Bend, Kansas where he was a member of the track squad.

Koelling is a member of the National Strength and Conditioning Association and received his USA Track & Field Level 1 certification this past summer.

MATT KOELLING

ASSISTANT COACH (JUMPS) • FIRST SEASON



CROSS COUNTRY



2010 SOUTHEAST MISSOURI CROSS COUNTRY

MEN'S CROSS COUNTRY

2010 MEN'S CROSS COUNTRY ROSTER

<u>NAME</u>	<u>YEAR</u>	<u>HOMETOWN/LAST SCHOOL</u>
Brent Collins	FR	Balwin, Kan./Hermitage RIV
Dustin Davis	R-SR	Edwardsville, Ill./Edwardsville
Devon Dudding	SO	Edwardsville, Ill./Edwardsville
Joel Krause	SO	Knob Noster, Mo./Knob Noster
Chris Loseman	SR	St. Charles, Mo./Francis Howell North
Jason Lumpkin	SR	Ballwin, Mo./Marquette
Cody Martin	SR	St. Charles, Mo./Francis Howell Central
Tyler Mullen	SO	Saint Peters, Mo./Fort Zumwalt South
Nate Shipley	R-SO	St. Charles, Mo./Francis Howell North
Tyson Stoverink	FR	Jackson, Mo./Steve Wachter
Max Wieser	SO	Cape Girardeau, Mo./Saxony Lutheran
Patrick Yates	FR	St. Charles, Mo./St. Dominic
Alex Zisser	SO	St. Louis, Mo./Lutheran South

The 2010 men's cross country team came into season with high expectations placed upon them. The Redhawks were picked to finish second to conference powerhouse Eastern Kentucky, even taking a first place vote from the perennial champion.

This season saw the return of junior Nate Shipley and senior Dustin Davis, both injured for the 2009 season, to full-time competition. The Redhawks lived up to expectations, finishing second only to Eastern Kentucky at the OVC meet.

Senior Jason Lumpkin led the men's team in 2010. He placed sixth at the OVC Championships, earning First Team All-OVC honors. Lumpkin claimed three top 20 finishes and was named OVC Co-Runner of the Week. He was the team's top runner at the NCAA Midwest Regional, finishing in the top-100.

The men also fielded three Second Team All-OVC runners in 2010. Seniors Dustin Davis and Chris Loseman, along with junior Nate Shipley finished top fifteen at the OVC meet to garner the league honors. All three completed the season with top-100 finishes at the Regional.



MEN'S CROSS COUNTRY



Redhawks Men

	Wash. U. Early Bird (6K) September 4 St. Louis, Mo.	Vanderbilt Commodore Classic (8K) September 18 Nashville, Tenn.	Saluki Invitational (8K) September 25 Carbondale, Ill.	Greater Louisville Classic(8K) October 2 Louisville, Ky.	Bradley Classic (8K) October 15 Peoria, Ill.	OVC Championships (8K) October 30 Cookeville, Tenn.	NCAA Regional (10k) November 13 Peoria, Ill.
Brent Collins	20:50.4 (48th)	27:47.99 (62nd)	DNC	27:14.96 (290th)	26:24 (125th)	26:53.09 (23rd)	33:32.02 (143rd)
Luke Cureton	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Dustin Davis	19:29.0 (6th)	26:52.64 (39th)	DNC	25:40.83 (168th)	25:44 (75th)	26:14.00 (13th)	32:05.53 (81st)
Devon Dudding	22:21.3 (107th)	29:14.03 (96th)	28:42.1 (36th)	DNC	DNC	DNC	DNC
Brandon Funderburk	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Joel Krause	21:07.8 (60th)	DNC	DNC	DNC	DNC	DNC	DNC
Chris Loseman	19:25.2 (5th)	26:05.36 (14th)	DNC	25:05.25 (91st)	25:14 (42nd)	25:56.32 (8th)	32:20.88 (97th)
Jason Lumpkin	19:45.7 (12th)	26:10.53 (17th)	DNC	25:01.67 (85th)	24:50 (21st)	25:44.07 (6th)	31:56.39 (77th)
Cody Martin	20:13.9 (24th)	27:26.93 (51st)	29:35.7 (42nd)	26:35.26 (261st)	26:09 (108th)	27:05.69 (28th)	33:40.45 (146th)
Tyler Mullen	20:05.9 (20th)	27:22.77 (49th)	DNC	26:14.34 (230th)	26:05 (102nd)	26:44.63 (20th)	33:05.19 (131st)
Nate Shipley	19:48.2 (13th)	26:49.92 (38th)	DNC	25:36.84 (158th)	25:23 (49th)	25:58.93 (9th)	32:01.07 (81st)
Paul Stemmerman	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Tyson Stovennik	22:17.2 (105th)	DNC	30:43.9 (47th)	DNC	DNC	DNC	DNC
Max Wieser	21:30.3 (76th)	DNC	29:48.0 (43rd)	DNC	DNC	DNC	DNC
Patrick Yates	20:46.1 (45th)	28:19.90 (77th)	27:56.7 (26th)	DNC	27:02 (158th)	DNC	DNC
Alex Zisser	19:45.0 (11th)	26:55.78 (40th)	30:03.7 (45th)	26:00.40 (206th)	25:34 (68th)	27:28.85 (33rd)	DNC
Team Finish	2nd/18	4th/13	4th/6	27th/34	9th	2nd/10	15th/27

OVC Runner of the Week Awards

Jason Lumpkin

Bradley Classic

October 20, 2010

All OVC Awards

First Team All-OVC

Jason Lumpkin

Second Team All-OVC

Dustin Davis

Chris Loseman

Nate Shipley





2010 SOUTHEAST MISSOURI CROSS COUNTRY

WOMEN'S CROSS COUNTRY

2010 WOMEN'S CROSS COUNTRY ROSTER

<u>NAME</u>	<u>YEAR</u>	<u>HOMETOWN/LAST SCHOOL</u>
Jazmine Davis	FR	Florissant, Mo./Hazelwood Central
Sharoyah Davis	JR	St. Louis, Mo./Pattonville
Christy Hazel	SO	St. Charles, Mo./Francis Howell Central
Tiffany Mead	JR	Cape Girardeau, Mo./Cape Central
Monica Noble	SR	St. Charles, Mo./Francis Howell North
Kasey Owens	SR	Eureka, Mo./Eureka
Liz Speicher	JR	Edwardsville, Ill./Edwardsville
Madalyn Stichnot	FR	Lexington, Ky./Tates Creek
Samantha Thierry	SO	O'Fallon, Mo./Ft. Zumwalt West

The 2010 women's cross country featured a mixture of veteran runners and new faces. That balance led the program to a fifth place finish at the OVC Championships and an appearance at the NCAA Midwest Championships. The finish at the league championships extended the team's streak of ten-straight top-five finish at the Championships.

Senior Kasey Owens made her final season on the course a memorable one, earning All-OVC honors for the first time in her career. She was named to the All-OVC Second team after finishing 13th at the league championships. Owens proved to be the team's most valuable runner, recording two top-25 finishes in the team's tough schedule.

Fellow senior Monica Noble just missed out on her third-straight All-OVC honor, finishing 18th at the Championships. She was the team's most consistent runner in 2010. She was the program's top finisher in all but two meets during the season. She led the team with three top-20 finishes.

Juniors Tiffany Mead and Liz Speicher also contributed points for the team and teamed with Owens and Noble to provide leadership and direction for newcomers Samantha Thierry, Madalyn Stichnot and Jazmine Davis.



WOMEN'S CROSS COUNTRY



Redhawks Women

	Wash. U. Early Bird (4K) September 4 St. Louis, Mo.	Vanderbilt Commodore Classic (5K) September 18 Nashville, Tenn.	Saluki Invitational (5K) September 25 Carbondale, Ill.	Greater Louisville Classic (5K) October 2 Louisville, Ky.	Bradley Classic (5K) October 15 Peoria, Ill.	OVC Championships (5K) October 30 Cookeville, Tenn.	NCAA Regional (8k) November 13 Peoria, Ill.
Jazmine Davis	DNC	DNC	22:56.1 (38th)	DNC	DNC	DNC	DNC
Sharoya Davis	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Kelly Good	DNC	DNC	23:43.0 (43rd)	DNC	DNC	DNC	DNC
Christy Hazel	DNC	22:31.27 (93rd)	DNC	21:23.47 (199th)	DNC	21:28.75 (52nd)	25:37.95 (186th)
Tiffany Mead	17:17.9 (46th)	22:16.52 (88th)	21:12.8 (28th)	21:14.16 (185th)	25:11 (153rd)	21:08.98 (49th)	24:58.30 (181st)
Monica Noble	16:08.5 (18th)	20:07.01 (56th)	19:56.7 (10th)	19:43.09 (84th)	23:08 (69th)	19:40.38 (18th)	23:07.66 (146th)
Kasey Owens	16:39.8 (21st)	20:14.64 (61st)	19:43.0 (7th)	20:57.05 (165th)	24:16 (126th)	19:11.09 (13th)	23:34.87 (162nd)
Liz Speicher	16:24.1 (31st)	20:29.65 (66th)	20:13.9 (12th)	19:58.63 (100th)	23:59 (111th)	20:03.37 (31st)	24:07.61 (174th)
Madalyn Stichnot	19:03.9 (83rd)	24:16.18 (107th)	23:57.8 (44th)	DNC	28:59 (182nd)	24:39.87 (75th)	DNC
Samantha Thierry	17:20.3 (48th)	22:13.37 (87th)	21:45.4 (32nd)	21:27.00 (205th)	25:33 (163rd)	22:11.54 (62nd)	DNC
Team Finish	2nd/16	10th/13	4th/7	27th/34	19th	5th/10	27th/27

OVC Runner of the Week Awards

All OVC Awards

Second Team All-OVC

Kasey Owens





2010 SOUTHEAST MISSOURI CROSS COUNTRY

HISTORY & AWARD WINNERS

WOMEN'S CROSS COUNTRY HONORS

OVC Runner of the Year

1998	Janelle Quigley
1999	Amy Arteme
2002	Lindsey Zeiler

OVC Year-by-Year Top 10

1992		
8.	Amy Cole	19:37
10.	Tracey Stockton	20:17
1993		
3.	Amy Cole	19:02
8.	Misty McGhee	19:47
10.	Kari Unterriener	20:01
1994		
4.	Sherry Lange	18:43
5.	Terry Lange	18:50
7.	Misty McGhee	19:15
1995		
6.	Misty Dubman	19:32
8.	Jennifer Anderson	19:40
10.	Amy Cole	19:43
1996		
3.	Sherry Lange	18:53
8.	Keisha Grace	19:17
1997		
4.	Leslie McNamara	18:48
8.	Janelle Quigley	19:03
1998		
1.	Janelle Quigley	18:21
3.	Tammy Wenkel	18:55
1999		
1.	Amy Arteme	18:36
4.	Tammy Wenkel	18:50
2000		
2.	Amy Arteme	18:05
4.	Kaci Pilcher	18:11
2001		
5.	Kaci Pilcher	18:38
2002		
1.	Lindsey Zeiler	17:52

8.	Kaci Pilcher	18:24
10.	Kris Woolf	18:32

2004		
9.	Jen Caywood	19:20

2005		
5.	Lindsey Zeiler	18:22
7.	Jen Caywood	18:33

2006		
8.	Juli Koenegstein	19:05

2007		
7.	Juli Koenegstein	18:41

2008		
2.	Juli Koenegstein	18:37
9.	Monica Noble	19:15

2009		
9.	Monica Noble	20:28

MEN'S CROSS COUNTRY HONORS

OVC Freshman of the Year

2008	Nate Shipley
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OVC Year-by-Year Top 10

1991		
8.	Bryant Wright	27:30
10.	Dave Baker	27:53

1992		
5.	Joe Dandridge	26:36

1993		
7.	Joey Russell	26:22
9.	Steve Lewis	26:30

1994		
8.	Glen Lomenick	26:12

1995		
8.	Brian Carter	26:55
10.	Chris Monty	26:58

2003		
5.	Brian Whitehead	26:50
6.	Chad Sierman	25:52

2006		
2.	Kevin McNab	25:25
7.	Brandon Karcher	26:44

2007		
9.	Brandon Karcher	25:48
10.	Brandon Funderburk	25:54

2008		
4.	Brandon Karcher	25:40

2009		
8.	Jason Lumpkin	26:44

2010		
6.	Jason Lumpkin	25:44
8.	Chris Loseman	25:56
9.	Nate Shipley	25:58



LINDSEY
ZEILER

GABE
LUTES

JEN
CAYWOOD



MEN'S PROFILES

MEN'S PROFILES



2011 SOUTHEAST MISSOURI TRACK & FIELD

2010 Outdoor: NCAA West Preliminary Meet qualifier in three events...Named OVC Outdoor Field Athlete of the Year...recorded 12 top-three finishes, including five individual titles...OVC shot put and hammer throw champion...won the hammer throw at the OVC's with a toss of 194'-6.00"...All-OVC selection in the discus, finishing second...won the shot put title at the Joey Haines Invitational with a career best throw of 56'-8.75"...recorded three top-three finishes at the Memphis Invitational, including a second place in the shot put and setting a new career-best in the hammer throw with a distance of 194'-7.00"...won the shot put titles at the Rhodes College Open Meet and Ole Miss Invitational...placed second in the shot put and third in the hammer at the Alabama Relays...recorded a season-high toss of 175'-5.00" in the discus at the Drake Relays...four-time OVC Outdoor Field Athlete of the Week.

2010 Indoor: Named Athlete of the OVC Championships after breaking the indoor meet record in the weight throw with a toss of 61'-6.75" to capture OVC title...Provisional qualifier for the NCAA's...placed second in the shot put at the OVC's to garner All-OVC honors...won three weight throw titles...recorded 11 top-three finishes including seven in the weight throw...set a school record with a toss of 66'-7.25" at the Redhawk Invitational...won the weight throw at the Hoosier Hills Invitational with a throw of 63'-4.75"...took the weight throw title at the EIU Mega Meet with a throw of 52'-4.00"...had a season-high toss of 56'-5.75 in the shot put, placing third at the Indiana Relays...named OVC Indoor Athlete of the Week on 1/26.

2009 Outdoor: NCAA Regional Qualifier in the discus...named OVC Outdoor Male Field Athlete of the Year...recorded 11 top-five finishes in the discus including four individual titles...OVC discus champion with a throw of 178'-7.00" at the OVC Championships...won the discus title at the Billy Hayes Invitational with a distance of 179'-3.00", ranking third on the school's all-time charts...also won discus titles at the SIUE Twilight Meet and the Sea Ray Relays...placed second at the SIU Spring Classic, the Joey Haines Invitational and the Austin Peay Spring Fling...named OVC Field Athlete of the Week four times.

2008 Outdoor: Competed in one meet before being sidelined with injury...recorded a season's best throw of 172'-8.00" in the discus and 55'-2.75 in the shot.

2008 Indoor: Named OVC Indoor Male Field Athlete of the Year...Provisional qualifier for the NCAA's...two-time OVC Male Athlete of the Week...OVC Champion in the shot put and weight throw...Broadway Prescription Invitational shot put champion with a throw of 58'-4.50"...threw a season's best 60'-0.00" in the weight throw finishing first at the Hoosier Hills Open...won the weight throw title at the Arkansas State Kick-Off Classic...recorded eight top-five finishes in the shot put for the season...recorded seven top-five finishes in the weight throw.

2007 Outdoor: Named OVC Outdoor Male Field Athlete of the Year...NCAA Midwest Regional Qualifier in shot put and discus...Placed 30th in the shot put at NCAA Regionals...named OVC Male Athlete of the Week on 4/10...OVC Champion in the discus at the league championships...finished second in the shot put and sixth in the javelin at OVC Championships...won both the discus and shot put titles at the Gatorade Classic...finished third in the discus with a season's best throw of 172'-7.00" at the Mississippi State Bulldog Invitational...placed second in the shot put with a season's best 55'-2.00" at the SIUE Twilight Meet...finished second in the discus at the Sea Ray Relays...Southeast Scholar Athlete.

2007 Indoor: Placed second in the weight throw (55'-7.50") and fourth in the shot put at the OVC Indoor Championships...finished second in the shot put with a season's best throw of 54'-3.75" and in the weight throw at the Redhawk Invitational.

Prep: State champion in the discus...All-State in the shot put...also played basketball and football.

Personal: Born 10/5/87...son of Steve and Brenda Colbert...majoring in Recreation.

BRANDON COLBERT

THROWS • SENIOR • TROY, MO. • TROY



CAREER BESTS

OUTDOOR

Discus	179'-3.00" (54.64 m)
Hammer Throw	194'-8.00" (59.30 m)
Shot Put	56'-8.75" (17.29 m)

INDOOR

Shot Put	58'-4.50" (17.79 m)
Weight Throw	66'-7.25" (20.30 m)

CAREER HONORS

NCAA West Prelims Qualifier (2010)	
OVC Outdoor Field Athlete of the Year (2010)	
OVC Shot Put Champion (2010 - Outdoor)	
OVC Hammer Throw Champion (2010 - Outdoor)	
Athlete of the OVC Championships (2010 - Indoor)	
OVC Weight Throw Champion (2010 - Indoor)	
NCAA Regional Qualifier (2009)	
OVC Outdoor Field Athlete of the Year (2009)	
OVC Discus Champion (2009 - Outdoor)	
OVC Indoor Field Athlete of the Year (2008)	
OVC Shot Put Champion (2008 - Indoor)	
OVC Weight Throw Champion (2008 - Indoor)	
NCAA Regional Qualifier (2007)	
OVC Outdoor Field Athlete of the Year (2007)	
OVC Discus Champion (2007 - Outdoor)	
OVC Male Field Athlete of the Week (Outdoor)	9
OVC Male Field Athlete of the Week (Indoor)	3

ALL-OVC

Shot Put (Outdoor)	1st (2010)
Hammer Throw (Outdoor)	1st (2010)
Discus (Outdoor)	2nd (2010)
Weight Throw (Indoor)	1st (2010)
Shot Put (Indoor)	2nd (2010)
Discus (Outdoor)	1st (2009)
Shot Put (Indoor)	1st (2008)
Weight Throw (Indoor)	1st (2008)
Discus (Outdoor)	1st (2007)
Shot Put (Outdoor)	2nd (2007)
Weight Throw (Indoor)	2nd (2007)

INDIVIDUAL TITLES

Shot Put (Outdoor)	5
Discus (Outdoor)	5
Hammer Throw (Outdoor)	1
Shot Put (Indoor)	2
Weight Throw (Indoor)	6





2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: All-OVC selection in the long jump and as a member of the 4X400 meter relay team...placed third in the long jump with a career best leap of 23'-2.00" at the OVC Championships...placed second in the long jump at the Memphis Invitational...jumped 22'-9.00" at the Drake Relays...recorded a career-best time of 22.70 in the 200 meters at the Memphis Invitational.

2010 Indoor: All-OVC selection as a member of the 4X400 meter relay team...won first career long jump title at the EIU Mega Meet with a jump of 23'-4.00"...placed third with a season-high jump of 23'-9.50" at the SASF Invitational...finished fourth in the long jump at the OVC Championships with a leap of 22'-10.00"...recorded a career-best time in the 200 meters at the Frank Sevine Hucker Invite with a time of 22.15, placing second...ran a career-best 51.31 in the 400 meters at the Hoosier Hills Invitational...had a season's best time of 7.09 in the preliminaries of the 60 meters at the Indiana Relays.

2009 Outdoor: Redshirted due to injury.

2009 Indoor: Finished fourth in the long jump with a leap of 23'-6.75" at the OVC Championships...placed second as a member of the 4X400 relay team at the OVC Championships...placed sixth in the 200 meters at the league championships...won the 200 meters title and a 4X400 relay title at the Redbird Invitational...finished fourth with a season's best time of 22.17 in the 200 meters at the Hoosier Relays...jumped a season's best 23'-10.00" finishing fourth at the SASF Invitational...ran a season's best 7.03 in the 60 meter dash at the Hoosier Hills Invitational...ran a season's best 1:24.65 in the 600 meters at the Saluki Fast Start Invitational...recorded four top-five finishes in the long jump.

2008 Outdoor: Was a member of the OVC Championship relay teams in the 4X100 and 4X400...finished fifth in the 200 meter dash at the OVC Championships.

2008 Indoor: Jumped a season's best 22'-6.50" in the long jump at the OVC Championships, placing eighth...ran a season's best 22.33 in the 200 meters finishing third at the 2008 Gene Edmonds Cup...ran a season's best 7.09 in the 60 meters finishing fifth at the 2008 Gene Edmonds Cup...ran a season's best 55 meters in 6.60 at the Arkansas State Kick-Off Classic.

Prep: All-Conference...All-Region...All-District in football 2004-2007...All-District basketball selection in 2007...also played baseball.

Personal: Born 7/6/87...son of Phyllis Criglar...undecided on college major.

RYAN CRIGLAR

SPRINTS/JUMPS • SENIOR • MALDEN, MO. • MALDEN



CAREER BESTS

OUTDOOR

Long Jump ————— 23'-2.00" (7.06 m)
200 Meters ————— 22.70

INDOOR

Long Jump ————— 23'-10.00" (7.26 m)
200 Meters ————— 22.15
400 Meters ————— 51.31

CAREER HONORS

OVC 4X400 Meter Relay Champion (2008 - Outdoor)

ALL-OVC

4X400 Meter Relay (Outdoor) ————— 2nd (2010)
Long Jump (Outdoor) ————— 3rd (2010)
4X400 Meter Relay (Indoor) ————— 2nd (2010)
4X400 Meter Relay (Indoor) ————— 2nd (2009)
4X400 Meter Relay (Outdoor) ————— 1st (2008)

INDIVIDUAL TITLES

Long Jump (Indoor) ————— 1
200 Meters (Indoor) ————— 1





2010 Cross Country: Second Team All-OVC selection...placed 13th at the OVC Championships with a time of 26:14.00...finished sixth in the 6K at the Washington Early Bird with a time of 19:29.00...ran a season's best 25:40.83 in the 8K at the Greater Louisville Classic...competed in the NCAA Midwest Regional, finishing the 10K in 32:05.53.

2010 Outdoor: One of six student-athletes in the OVC to be awarded the prestigious OVC Scholar-Athlete Award...ran in five meets...ran a season's best 4:01.24 in the 1,500 meters at the Ole Miss Invitational...placed eighth in the 1,500 meters at the Drake Relays with a time of 4:06.26...finished eighth in the 1,500 meters at the Joey Haines Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Competed in one meet due to injuries...ran the mile in 4:44.33 at the Indiana Relays.

2009 Outdoor: OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Set a new Student Recreation Center record in the 3000 meters with a time of 8:54.68 at the Redhawk Invitational...placed sixth in the mile run with a season's best 4:18.94 at the OVC Championships...placed eighth in the 3000 meters at the OVC Championships.

2008 Cross Country: Named to the All-OVC 2nd team after finishing 13th in the 8K at the OVC Championships...opened season with a fifth place showing at the Stegemoller Classic in the 6K with a time of 18:52, the OVC's third fastest time...ran 26:37.1 in the 8K placing second at Redhawk Classic...ran 25:21.54 in the 8K at Greater Louisville Cross Country Classic...finished 11th at the EIU Invitational...finished 72nd in the 10K with a time of 33:04.25 at NCAA Midwest Regional.

2008 Outdoor: Ran a season's best 3:57.00 in the 1500 meters at the SIUE Twilight Invitational finishing seventh...ran a season's best 15:37.69 in the 5000 meters at the OVC Championships, finishing ninth...recorded a time of 10:20.52 in the 3000 meter steeplechase at the OVC Championships...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008 Indoor: Ran a season's best 4:21.40 in the mile, finishing fifth at the Saluki Booster Meet...finished second in 3000 meters at the SIU Saluki Booster Meet...ran a season's best 8:42.42 in the 3000 meters at the Hoosier Hills Open...named OVC Male Indoor Track Athlete of the Week (1/22).

2007 Cross Country: Finished 18th in the OVC Championships with a time of 26:13.47 in the 5K...finished 12th out of 143 runners at the Greater Louisville Classic with a time of 26:46.18...ran a season's best time of 25:56.00 in the 8K at the Bradley Invitational...ran the 10K in 32:50.00 at the NCAA Midwest Regional.

2007 Outdoor: Finished eighth in the 3000 meters at the Mississippi State Bulldog Invitational with a time of 9:01.33...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007 Indoor: Won the 3000 meters with a time of 9:03.01 at the Redhawk Invitational running unattached.

2006 Cross Country: Ran a season's best in the 8K with a time of 25:38.12 at the Saluki Invitational finishing 13th out of 100 runners...finished 76th out of 327 runners at the Greater Louisville Classic with a time of 25:58.53...finished 10th in the 6K at the USI Alumni Open with a time of 18:45.

Prep: Ran cross country for Edwardsville H.S. in Illinois...Southern Illinois University Edwardsville sectional, Alton regional and Southwestern Conference cross country champion...named to the second team of the St. Louis Post-Dispatch's All-Metro Cross Country Teams...First Team All-Conference...named to the St. Louis Track Club's All-Metro High School Cross Country Team...named co-Runner of the Year by the Alton Road Runners.

Personal: Born 9/22/87...son of Jerry and Starla Davis...majoring in Secondary Education-English.

DUSTIN DAVIS

DISTANCE • SENIOR • EDWARDSVILLE, ILL. • EDWARDSVILLE



CAREER BESTS

OUTDOOR

1,500 Meters	3:57.00
5,000 Meters	15:37.69
3,000 Meter Steeplechase	10:20.52

INDOOR

Mile	4:18.94
3,000 Meters	8:41.36

CROSS COUNTRY

8K	25:21.54
6K	18:45.00
10K	32:05.53

CAREER HONORS

OVC Scholar Athlete (2009)

OVC Male Track Athlete of the Week (Indoor) — 1

ALL-OVC

Second Team (Cross Country) — 13th (2010)

Second Team (Cross Country) — 13th (2008)

INDIVIDUAL TITLES

3,000 Meters (Indoor) — 2





2010 Outdoor: Competed in four meets...placed fifth in the 200 and 400 meters at the Memphis Invitational...ran a season-best 50.24 in the 400 meters at the Memphis Invitational...recorded a season's best time of 22.41 in the 200 meters at the Ole Miss Invitational.

2010 Indoor: Garnered two All-OVC honors as a member of the 4X400 meter and distance medley relay teams...placed second in the 600 meters at the Redhawk Invitational with a time of 1:27.12...finished fourth in the 400 meters at the OVC Championships with a season's best time of 51.04...ran the 200 meters in 1:25.78 at the Saluki Fast Start.

2009 Outdoor: All-OVC selection...placed fourth in the 200 meters with a time of 21.71 at the OVC Championships...ran a career best 21.67 in the prelims at the OVC Championships...member of the 4X400 meter relay team that placed third at the OVC Championships...recorded a career-best 48.54 in the 400 meters at the SIUE Twilight Meet, finishing fourth...ran the 200 meters with a time of 21.68 at the SIUE Twilight Meet...placed fifth in the 100 meters with a time of 11.43 at the SIU Spring Classic.

2009 Indoor: Finished fifth in the 200 meters with a season's best time of 22.40 at the OVC Championships...placed sixth in the 400 meters and second in the 4X400 relay at the OVC Championships...ran a season's best 50.11 and finished sixth in the 400 meters at the Hoosier Hills Invitational...finished second in the 200 meters and fourth in the 400 meters at the Redbird Invitational...member of the winning 4X400 relay team at the Redbird Invitational.

2008 Outdoor: Won an OVC title as a member of the 4X400 relay team...finished fourth in the 400 meters and fifth in the 200 meters at the OVC Championships...ran a season's best 49.54 in the 400 meters at the SIUE Twilight Invitational...finished third in the 200 meters with a season's best time of 22.09 at the SIUE Twilight Invitational.

2008 Indoor: Won three titles as a member of the 4X400 relay team...ran a season's best 50.28 in the 400 meters at the Arkansas State Kick-Off Classic...finished fourth in the 400 meters at the 2008 Gene Edmonds Cup...won the 200 meters title at the Indiana Relays with a season's best time of 22.21.

Prep: All-State selection...ran the 200 and 400 meters...also was a member of the wrestling team...was an All-State wrestler his senior year...qualified for the state wrestling meet after a double-overtime win in third place match at District meet.

Personal: Born 3/24/88...son of Anthony Prater and Zena Delaria...majoring in International Business.

ROBERT DELARIA

SPRINTS • SENIOR • ST. LOUIS, MO. • PARKWAY WEST



CAREER BESTS

OUTDOOR

200 Meters	21.67
400 Meters	48.54

INDOOR

200 Meters	22.21
400 Meters	50.11

CAREER HONORS

OVC 4X400 Meter Relay Champion (2008 - Outdoor)

ALL-OVC

4X400 Meter Relay (Indoor)	2nd (2010)
Distance Medley Relay (Indoor)	3rd (2010)
4X400 Meter Relay (Outdoor)	3rd (2009)
4X400 Meter Relay (Indoor)	2nd (2009)
4X400 Meter Relay (Outdoor)	1st (2008)

INDIVIDUAL TITLES

200 Meters (Indoor)	1
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2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Cross Country: First Team All-OVC selection...placed sixth in the 8K at the OVC Championships with a time of 25:44.07...top Redhawks finisher at the Bradley Classic with an 8K time of 24:50.00, setting a new career best...placed 12th at the Washington University Early Bird with a 6K time of 19:45.70...finished 17th in the 8K at the Vanderbilt Commodore Classic...top Redhawk finisher at the NCAA Midwest Regional with a 10K time of 31:56.39...named OVC Runner of the Week on 10/2.

2010 Outdoor: All-OVC selection in the 10,000 meters...placed second in the 10,000 meters with a career-best 31:46.03 at the OVC Championships...finished fourth in the 5,000 meters with a time of 15:19.31 at the OVCs...placed second in the 5,000 meters at the Joey Haines Invitational...ran a career-best 15:02.68 in the 5,000 meters at the Alabama Relays...placed 11th in the 1,500 meters at the Drake Relays.

2010 Indoor: OVC Champion in the 5,000 meters with a time of 15:14.95...placed fourth in the 5,000 meters with a career-best 14:55.92 at the Frank Sevigne Husker Invite...placed third in the 3,000 meters at the EIU Mega Meet with a time of 8:52.07...set a new career-best in the 3,000 meters with a time of 8:41.36 at the Indiana Relays...recorded a career-best in the mile with a time of 4:25.88 at the Hoosier Hills Invitational...named OVC Indoor Track Athlete of the Week on 2/9.

2009 Cross Country: Second Team All-OVC selection...named OVC Male Runner of the Week twice...recorded four top-ten finishes including three second place finishes...placed eighth in the 8K with a time of 26:44.40 at the OVC Championships...placed second at the EIU Panther Open with a time of 25:21.78 in the 8K...finished second in the 8K with a time of 25:36.12 at the UE Invitational...placed second at the Saluki Early Bird Invite with a time of 19:14.50 in the 6K...was the Redhawks top finisher at the Greater Louisville Classic, placing 40th with a career-best 25:01.18 in the 8K...finished the NCAA Midwest Regional with a time of 34:44.80 in the 10K.

2009 Outdoor: Placed fifth in the 10,000 meter run with a time of 32:18.49 at the OVC Championships...also placed seventh in the 5000 meter run with a time of 15:16.16 at the OVC Championships...placed sixth with a time of 15:32.64 in the 5000 meter at the SIU Spring Classic...ran the 1500 meters in 4:08.42 at the Joey Haines Invitational.

2009 Indoor: Finished second in the 5000 meters with a time of 15:12.02 at the OVC Championships...placed fifth in the 3000 meters with a time of 8:46.10 at the OVC Championships...recorded a season's best time of 8:41.45 in the 3000 meters at the Hoosier Relays.

2008 Cross Country: Finished 15th in the 8K at the OVC Championships with a time of 26:37.7...ran a season's best 25:50.08 in the 8K at the Greater Louisville Cross Country Classic...finished fourth at the Redhawk Classic...opened season with a time of 19:06 in the 6K at the Stegemoller Classic...finished 14th with a time of 26:15.40 in the 8K at Eastern Illinois University...finished 87th in the 10K with a time of 33:25.55 at NCAA Midwest Regional.

2008 Outdoor: All-OVC selection...finished third in the 10,000 meters with a time of 32:53.22 at the OVC Championships...ran a season's best 15:28.27 in the 5000 meters at the Vanderbilt Invitational...ran a season's best 4:07.00 in the 1500 meters at the SIUE Twilight Invitational.

2008 Indoor: Ran a season's best 8:52.80 in the 3000 meters at the OVC Championships...ran a season's best 15:31.71 in the 5000 meters at the OVC Championships...finished sixth with a season-best time of 8:52.64 in the 3000 meters at the Saluki Booster Meet...ran a season's best 4:28.85 in the mile at the Saluki Booster Meet.

2007 Cross Country: Ran a season's best 8K with a time of 26:20.00 at the Bradley Invitational...ran a 26:47.62 in the 8K at the OVC Championships...finished 15th at the Greater Louisville Classic with a time of 26:51.47 in the 8K...ran the 10K in 34:13.00 at the NCAA Midwest Regional.

Prep: Two-mile conference champ...two-time cross country state qualifier.

Personal: Born 8/3/88...son of Tony and Elaine Lumpkin...majoring in Engineering Physics.

JASON LUMPKIN

DISTANCE • SENIOR • BALLWIN, MO. • MARQUETTE



CAREER BESTS

OUTDOOR

1,500 Meters	4:07.00
5,000 Meters	15:02.68
10,000 Meters	31:46.03

INDOOR

Mile	4:25.88
3,000 Meters	8:41.36
5,000 Meters	14:55.92

CROSS COUNTRY

8K	24:50.00
6K	19:06.00
10K	31:56.39

CAREER HONORS

OVC 5,000 Meters Champion (2010 - Indoor)	
OVC Male Track Athlete of the Week (Indoor)	1
OVC Male Cross Country Runner of the Week	3

ALL-OVC

First Team (Cross Country)	6th (2010)
10,000 Meters (Outdoor)	2nd (2010)
5,000 Meters (Indoor)	1st (2010)
Second Team (Cross Country)	8th (2009)
5,000 Meters (Indoor)	2nd (2009)
10,000 Meters (Outdoor)	3rd (2008)

INDIVIDUAL TITLES

5,000 Meters (Indoor)	1
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2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: Redshirted due to injury...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: All-OVC selection in the mile...placed third in the mile with a time of 4:14.16 at the OVC Championships...won the mile at the EIU Mega Meet with a time of 4:18.26...ran a season-high 4:13.46 in the mile at the Frank Sevigne Husker Invite...placed second in the 3,000 meters with a time of 8:47.25 at the SASF Invitational...set a career-best in the 3,000 meters with a time of 8:31.47 at the Indiana Relays...placed ninth in the 3,000 meters at the OVC Championships...named OVC Indoor Track Athlete of the Week on 1/19.

2009 Outdoor: Won the 1500 meters at the SIU Spring Classic with a time of 3:54.20, setting a new career best...named OVC Male Track Athlete of the Week (3/31)...ran the 1500 meters in 3:54.81 at the Mt. SAC Relays...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Placed fourth in the mile with a time of 4:14.18 at the OVC Championships...set a new school record in the 1000 meters with a time of 2:27.60 at the Redhawk Invitational...finished second in the mile with a time of 4:18.06 at the SASF Invitational...placed fifth in the mile with a time of 4:13.53 at the Hoosier Relays...finished fifth in the mile at the Hoosier Hills Invitational...ran a season's best 4:12.62 in the mile at the Alex Wilson Invitational...ran a season's best time in the 3000 meters with a time of 8:44.37 at the Redbird Invitational.

2008 Cross Country: Opened Cross Country season with a time of 19:25 in the 6K at the Stegemoller Classic...ran a season's best 27:38.5 in the 8K at OVC Championships...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008 Outdoor: Won the 1500 meter title with a time of 3:59.29 at the OVC Championships...finished second with a season's best 1:54.24 in the 800 meters at the SIUE Twilight Invitational...finished second in the 800 meters at the SEMotion Relays...recorded a season-best time of 3:56.32 in the 1500 meters at the Vanderbilt Invitational...Southeast Scholar Athlete.

2008 Indoor: Ran a season's best 4:22.95 in the mile at the Saluki Booster Meet...ran a season's best 2:00.25 in the 800 meters at the Saluki Booster Meet...ran a season best 9:21.11 in the 3000 meters at the New Balance Collegiate Invitational.

2007 Cross Country: Recorded a season's best time of 27:17.00 in the 8K at the Bradley Invitational...ran 27:28.74 in the 8K at the OVC Championships...ran the 6K in 19:29.00 at the Stegemoller Classic...ran the 10K in 33:29.00 at the NCAA Midwest Regional...Southeast Scholar Athlete.

2007 Outdoor: Redshirted...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007 Indoor: Placed seventh in the mile at the OVC Championships with a time of 4:21.98...recorded a season's best time of 4:19.77 in the mile at the Hoosier Relays...finished 13th in the mile at the Saluki Booster Invitational...ran a season's best time of 8:46.98 in the 3000 meters at the Iowa State Cyclone Classic

2006 Cross Country: Ran 28:07.00 in the 8K at the OVC Championships...ran a season's best 27:23.48 in the 8K at the Greater Louisville Classic...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep: 1600 meters conference champion...All-State selection in track...holds the school record as a member of the distance medley relay...4x1600 relay national qualifier...4x1600 relay school record holder.

Personal: Born 6/10/88...son of Gil Stemmerman and Liz Alexander...majoring in Pre-Physical Therapy.

PAUL STEMMERMAN

DISTANCE • SENIOR • EUREKA, MO. • EUREKA



CAREER BESTS

OUTDOOR

1,500 Meters ————— 3:54.20

INDOOR

Mile ————— 4:12.62

3,000 Meters ————— 8:31.47

CROSS COUNTRY

8K ————— 27:17.00

6K ————— 19:25.00

10K ————— 33:29.00

CAREER HONORS

OVC 1,500 Meters Champion (2008 - Outdoor)

OVC Male Track Athlete of the Week (Outdoor) ——— 1

OVC Male Track Athlete of the Week (Indoor) ——— 1

ALL-OVC

Mile (Indoor) ————— 3rd (2010)

1,500 Meters (Outdoor) ————— 1st (2008)

INDIVIDUAL TITLES

1,500 Meters (Outdoor) ————— 2

Mile (Indoor) ————— 1

1,000 Meters (Indoor) ————— 1





2011 SOUTHEAST MISSOURI TRACK & FIELD

2010 Outdoor: OVC long and triple jump champion...won long jump with a distance of 23'-11.75" and triple jump with a 46'-8.00" leap...recorded seven top-three finishes including five titles...captured long jump title at the Alabama Relays with a career best 24'-1.50"...won long jump titles at Joey Haines Invitational and Billy Hayes Invitational...placed ninth in the long jump at the Drake Relays...finished second in the long jump at the Ole Miss Invitational...jumped a season's best 47'-6.50" in the triple jump at the Ole Miss Invitational, placing fourth...placed third in the long jump and fifth in the triple jump at the Memphis Invitational...named OVC Outdoor Field Athlete of the Week on 3/30.

2010 Indoor: Repeated as the OVC Indoor Champion in both the long and triple jump...long jump of 24'-6.50" at OVC Championships set a career-best and ranks ninth on the school's all-time charts...triple jump of 47'-7.00" at OVC's set a season-high...recorded five top-three finishes including four titles...captured long and triple jump titles at the Redhawk Invitational...placed third in the long jump at the EIU Mega Meet with a jump of 23'-3.50"...placed fourth in the long jump at the Hoosier Hills Invitational.

2009 Outdoor: All-OVC selection...recorded six top-five finishes including five in the long jump...placed third in the triple jump with a leap of 45'-10.50" and fourth in the long jump at 22'-1.75" at the OVC Championships...leap of 22'-4.25" in the long jump at SIU Spring Classic placed him second...recorded a season's best long jump of 24'-0.50" at the Joey Haines Invitational, finishing fourth...placed fifth in the long jump at the Louisville Twilight Meet...finished seventh in the triple jump with a distance of 44'-6.75" at the SIUE Twilight Meet.

2009 Indoor: Claimed both the long jump and triple jump titles at the OVC Championships...long jump of 24'-5.75" and triple jump of 48'-4.50" at the OVC Championships set season's best marks...his jump at the OVC Championships ranks tenth on the school's all-time charts...recorded six top-three finishes in the long jump...recorded three top-five finishes in the triple jump...won the long jump titles at the Redbird Invitational and Redhawks Invitational...finished second in the long jump at the Saluki Fast Start Invitational and Alex Wilson Invitational...finished fifth in the triple jump at the Hoosier Relays with a jump of 47'-11.75"...named OVC Indoor Male Field Athlete of the Week (1/20).

2008 Outdoor: All-OVC selection...finished third in the long jump and fourth in the triple jump at the OVC Championships...recorded a season's best long jump of 23'-4.50" and triple jump of 48'-3.50" at OVC Championships...jumped 22'-4.50" in the long jump finishing third at the SIU Saluki Booster Meet...finished second in the triple jump at the SIUE Twilight Invitational with a jump of 46'-11.00"...finished fifth in the triple jump and sixth in the long jump at the SEMotion Relays...Southeast Scholar Athlete.

2008 Indoor: Jumped 45'-6.50" in the triple jump finishing fifth at the OVC Championships...recorded a season's best 22'-7.25" long jump at the OVC Championships, finishing seventh...finished second in the triple jump at the Hoosier Hills Open...placed second in the triple jump at the Iowa State Classic with a season best jump of 47'-2.25"...finished third in long jump at the Saluki Booster Meet with a jump of 22'-4.50"...finished fifth in the long and triple jump at the Gene Edmonds Cup.

Prep: Placed third in the state triple jump and fifth in the 4x100 meter relay in 2005...finished second in state triple jump and long jump in 2006...All-State in triple jump in 2007...long jump and 4x100 meter relay record holder...also played basketball and football...member of the honor roll.

Personal: Born 1/5/89...son of Henry and Vanessa Terry...majoring in Biomedical Sciences.

TYLER TERRY

JUMPS • SENIOR • CAPE GIRARDEAU, MO. • CAPE CENTRAL



CAREER BESTS

OUTDOOR

Long Jump ————— 24'-1.50" (7.35 m)
Triple Jump ————— 48'-3.50" (14.72 m)

INDOOR

Long Jump ————— 24'-6.50" (7.48 m)
Triple Jump ————— 48'-4.50" (14.74 m)

CAREER HONORS

OVC Long Jump Champion (2010 - Outdoor)
OVC Triple Jump Champion (2010 - Outdoor)
OVC Long Jump Champion (2010 - Indoor)
OVC Triple Jump Champion (2009 - Indoor)
OVC Triple Jump Champion (2009 - Indoor)
OVC Male Field Athlete of the Week (Outdoor) ——— 1
OVC Male Field Athlete of the Week (Indoor) ——— 1

ALL-OVC

Long Jump (Outdoor) ————— 1st (2010)
Triple Jump (Outdoor) ————— 1st (2010)
Long Jump (Indoor) ————— 1st (2010)
Triple Jump (Indoor) ————— 1st (2010)
Triple Jump (Outdoor) ————— 3rd (2009)
Long Jump (Indoor) ————— 1st (2009)
Triple Jump (Indoor) ————— 1st (2009)
Long Jump (Outdoor) ————— 3rd (2008)

INDIVIDUAL TITLES

Long Jump (Outdoor) ————— 4
Triple Jump (Outdoor) ————— 1
Long Jump (Indoor) ————— 4
Triple Jump (Indoor) ————— 2





2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: Limited to just two meets before season-ending injury...recorded three top-three finishes...finished third and set a career best in the shot put with a distance of 55'-9.75" at the Alabama Relays...placed second in the discus with a toss of 168'-8.00" at the Alabama Relays...placed third in the discus at the Rhodes College Open Meet...Southeast Scholar Athlete.

2010 Indoor: Named OVC Indoor Field Athlete of the Year...provisional qualifier for the NCAA's...OVC champion in the shot put with a toss of 55'-9.75"...garnered All-OVC honors after placing second in the weight throw with a toss of 59'-8.50"...recorded ten top-three finishes including capturing six shot put titles...set school record with shot put toss of 60'-8.00" at the Hoosier Hills Invitational...won the shot put title at the Redhawk Invitational with a throw of 59'-4.75"...won the shot put title and placed second in the weight throw at the EIU Mega Meet...won the shot put title at the Indiana Relays with a toss of 58'-4.75"...set a career-best in the weight throw with a toss of 63'-5.00" at the Redhawk Invitational...three-time OVC Indoor Field Athlete of the Week.

2009 Outdoor: NCAA Regional qualifier in the discus and shot put...recorded 13 top-five finishes including two individual titles...won the shot put title at the OVC Championships with a throw of 52'-0.50"...also placed second in the discus with a throw of 161'-5.00" at the OVC Championships...placed second with a throw of 172'-2.00" in the discus at the Billy Hayes Invitational which ranks sixth on the school's all-time charts...opened the outdoor season by capturing the shot put title at the Austin Peay Spring Fling with a throw of 53'-8.50"...also finished third in the discus at the Austin Peay Spring Fling...placed third in the shot put and fifth in the discus at the Joey Haines Invitational...placed fourth in the discus with a throw of 164'-1.00" and fourth in the shot put at the Sea Ray Relays...garnered fourth place finishes in the discus and shot put at the SIU Spring Classic...finished fourth in the Louisville Twilight with a career's best 53'-9.25"...placed seventh in the shot at the VS Athletics-Long Beach Invitational and the Mt. SAC Relays...was fourth in the shot put at the SIUE Twilight Meet...named OVC Male Field Athlete of the Week (3/24)...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Named OVC Male Field Athlete of the Year...won the shot put title at the OVC Championships with a toss of 53'-6.50"...finished second in the weight throw with a toss of 54'-6.00" at the OVC Championships...recorded five top-five finishes in the shot put...recorded three top-five finishes in the weight throw...recorded season bests in both the shot put (53'-8.50") and weight throw (55'-1.50") while placing second and third at the Redhawk Invitational...finished second in the shot put at the Saluki Fast Start Invitational...placed fifth in both the shot and weight throw at the Redbird Invitational...finished sixth in the shot put at the Hoosier Hills Invitational...named OVC Indoor Field Athlete of the Week (2/24).

2008 Outdoor: Finished second in the shot put and discus at the OVC Championships...finished second in the shot put at the Tennessee State Relays...finished third in the discus and fourth in the shot put at the Mississippi State Bulldog Invitational...throw of 49'-1.75" in the shot at the Mississippi State Bulldog Invite was a season-high...finished fourth in the discus with a throw of 156'-6.00" at the SIUE Twilight Invitational...finished fifth in discus with a season's best throw of 155'-9.00" at the SEMotion Relays...Southeast Scholar Athlete.

2008 Indoor: All-OVC selection...finished third in the shot put at the OVC Championships...threw a season's best 48'-4.75" in the shot put at the Saluki Booster Meet...threw a season's best 50'-4.00" in the weight throw Arkansas State Kick-Off Classic.

Prep: Member of the track team...also competed on the golf and basketball teams.

Personal: Born 12/18/88...son of Alan and Deb Uchtman...majoring in Exercise Science.

JOSH UCHTMAN

THROWS • SENIOR • STEELEVILLE, ILL. • STEELEVILLE



CAREER BESTS

OUTDOOR

Discus	172'-2.00" (52.48 m)
Hammer Throw	146'-3.00" (44.59 m)
Shot Put	56'-8.75" (17.29 m)

INDOOR

Shot Put	60'-8.00" (18.49 m)
Weight Throw	63'-5.00" (19.33 m)

CAREER HONORS

OVC Indoor Field Athlete of the Year (2010)	
OVC Shot Put Champion (2010 - Indoor)	
NCAA Regional Qualifier (2009)	
OVC Indoor Field Athlete of the Year (2009)	
OVC Shot Put Champion (2009 - Indoor)	
OVC Shot Put Champion (2009 - Outdoor)	
OVC Male Field Athlete of the Week (Outdoor)	1
OVC Male Field Athlete of the Week (Indoor)	3

ALL-OVC

Shot Put (Indoor)	1st (2010)
Weight Throw (Indoor)	2nd (2010)
Shot Put (Outdoor)	1st (2009)
Discus (Outdoor)	2nd (2009)
Shot Put (Indoor)	1st (2009)
Weight Throw (Indoor)	2nd (2009)
Shot Put (Outdoor)	2nd (2008)
Discus (Outdoor)	2nd (2008)
Shot Put (Indoor)	3rd (2008)

INDIVIDUAL TITLES

Shot Put (Outdoor)	2
Shot Put (Indoor)	8





2011 SOUTHEAST MISSOURI TRACK & FIELD

2010 Cross Country: Second Team All-OVC selection...placed ninth in the 8K with a time of 25:58.93 at the OVC Championships...finished 13th in the 6K with a time of 19:48.20 at the Washington University Early Bird...ran a season-best 25:23.00 in the 8K at the Bradley Classic...competed in the NCAA Midwest Regional, finishing the 10K in 32:01.07.

2010 Outdoor: Did not compete.

2010 Indoor: All-OVC selection in the 3,000 meters...placed second in the 3,000 meters with a time of 8:42.50 at the OVC Championships...won the 3,000 meter title at the EIU Mega Meet with a time of 8:47.89...placed third in the 3,000 meters at the SASF Invitational...recorded a season-high 8:39.05 in the 3,000 meters at the Indiana Relays...ran a season's best 15:41.78 in the 5,000 meters at the OVC Championships...had a season-high time of 4:23.91 in the mile at the Hoosier Hills Invitational.

2009 Cross Country: Redshirted due to injury.

2009 Outdoor: Placed tenth in the 10,000 meter run at the OVC Championships with a time of 33:35.85...finished fifth at the SIU Spring Classic with a time of 15:32.64...Southeast Scholar Athlete.

2009 Indoor: Named Co-Indoor Male Freshman of the Year...claimed the OVC title in the 5000 meters with a time of 15:06.90 at the OVC Indoor Championships...finished sixth in the 3000 meters with a time of 8:46.90 at the OVC Indoor Championships...finished fifth in the 3000 meters at the Hoosier Hills Invitational with a season's best time of 8:37.30...finished second with a time of 8:44.23 in the 3000 meters at the SASF Invitational...finished second in the mile at the Redbird Invitational with a season's best time of 4:22.27...finished seventh in the 3000 meters with a time of 8:45.66 at the Hoosier Relays.

2008 Cross Country: Named OVC Male Cross Country Freshman of the Year...All-OVC 2nd Team after finishing 12th in the 8K at the OVC Cross Country Championships...ran a season's best time of 25:15.98 in the 8K at Greater Louisville Cross Country Classic, finishing 58th out of 294 runners...finished third at the Redhawk Classic...finished fourth with a time of 18:50 in the 6K at the Stegemoller Classic, the time was the OVC's second fastest...finished 70th in the 10K at the NCAA Midwest Regional with a time of 33:01.40...Southeast Scholar Athlete.

Prep: All-State selection in cross country...placed 17th at the state cross country meet as a senior...was a two-time All-State selection as a member of the 4X800 meter relay team...also was a member of the basketball team...honor roll student.

Personal: Born 4/26/90...son of Michael and Kathy Shipley...majoring in exercise science.

NATE SHIPLEY

DISTANCE • JUNIOR • ST. CHARLES, MO. • FRANCIS HOWELL NORTH



CAREER BESTS

OUTDOOR

5,000 Meters	51:32.64
10,000 Meters	33:35.85

INDOOR

Mile	4:22.27
3,000 Meters	8:37.30
5,000 Meters	15:06.90

CROSS COUNTRY

8K	25:15.98
6K	18:50.00
10K	32:01.07

CAREER HONORS

OVC 5,000 Meter Champion
OVC Indoor Co-Freshman of the Year (2009)
OVC Male Cross Country Freshman of the Year (2008)

ALL-OVC

Second Team (Cross Country)	9th (2010)
3,000 Meter Steeplechase(Outdoor)	3rd (2010)
3,000 Meters (Indoor)	2nd (2010)
5,000 Meters (Indoor)	1st (2009)
Second Team (Cross Country)	12th (2008)

INDIVIDUAL TITLES

3,000 Meters	1
5,000 Meters	1





2011 SOUTHEAST MISSOURI TRACK & FIELD

2010 Outdoor: Competed in five meets...placed second in the 100 meters with a time of 11.06 at the Joey Haines Invitational...set a career-best in the 100 meters with a time of 10.79 at the Ole Miss Invitational...placed sixth in the 100 meters at the OVC Championships...ran the 100 meters in 11.17 at the Memphis Invitational, placing fourth.

2010 Indoor: Competed in three indoor meets...placed second in the 55 meters at the Redhawk Invitational with a personal best 6.52...finished sixth in the 55 meters at the OVC Championships...ran the 60 meters in 7.06 at the Hoosier Hills Invitational.

CAREER BESTS

OUTDOOR

100 Meters ————— 10.79

INDOOR

55 Meters ————— 6.52



JAMERE FRANKLIN

SPRINTS • SENIOR • LOS ANGELES, CALIF. • CHAFFEY COLLEGE



2010 Outdoor: Competed in three meets...placed sixth in the shot put and eighth in the discus at the OVC Championships...recorded a career-best in the discus at the OVC's with a throw of 127'-1.00"...had a career-best throw of 45'-5.25" in the shot put at the Rhodes College Open Meet.

2010 Indoor: Competed in four meets after competing for the Redhawks football team...placed fifth in the shot put at the OVC Championships with a career-best toss of 45'-8.00"...had a career-best toss of 46'-4.00" in the weight throw at the Redhawk Invitational.

2007-2010 (Southeast Football): Member of the Redhawks football team...walked-on during the 2007 season...starting defensive end for the 2010 OVC Champions...appeared in three games in 2009 recording five tackles.

Prep: All-State shot put and discus thrower...placed sixth in the discus and eighth in the shot at the State Championships...captain of the track and field team...Second-Team All-Conference offensive lineman and defensive end for conference champions...scholar athlete.

Personal: Born 10/11/88 ... son of Scott and Janet Hendry ... majoring in Sport Management.

CAREER BESTS

OUTDOOR

Discus _____ 127'-1.00" (38.73 m)

Shot Put _____ 45'-5.25" (13.85 m)

INDOOR

Shot Put _____ 45'-8.00" (13.92 m)

Weight Throw _____ 46'-4.00" (14.12 m)



STEVE HENDRY

THROWS • SENIOR • MANCHESTER, MO. • PARKWAY WEST

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2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: Competed in four events...finished fifth in the triple jump at the OVC Championships...recorded a career best long jump of 22'-5.25" at the SIUE Twilight Meet, finishing third...finished fourth in the triple jump with a jump of 46'-6.75" at the Joey Haines Invitational...finished third in the triple jump at the Memphis Invitational with a career-best jump of 46'-8.00".

2010 Indoor: All-OVC selection in the long and triple jump...placed third in both the long and triple jumps at the OVC Championships...recorded career-highs in the long (22'-11.75") and triple jumps (46'-4.00") at the OVC's...placed second in the triple jump with a leap of 45'-7.25" at the Redhawk Invitational...finished third in the long jump at the Redhawk Invitational.

CAREER BESTS

OUTDOOR

Long Jump _____ 22'-5.25" (6.84 m)
Triple Jump _____ 46'-8.00" (14.22 m)

INDOOR

Long Jump _____ 22'-11.75" (6.99 m)
Triple Jump _____ 46'-4.00" (14.12 m)

CAREER HONORS

ALL-OVC

Long Jump (Indoor) _____ 3rd (2010)
Triple Jump (Indoor) _____ 3rd (2010)



CHRIS JOHNSON

JUMPS • SENIOR • ST. LOUIS, MO. • MARQUETTE



2010 Cross Country: Second Team All-OVC selection...placed eighth in the 8K at the OVC Championships with a time of 25:56.32...finished fifth in the 6K at the Washington University Early Bird with a time of 19:25.20...recorded a career's best 25:05.25 in the 8K at the Greater Louisville Classic...placed 14th in the 8K at the Vanderbilt Commodore Classic...NCAA Midwest Regional qualifier, running the 10K in 32:20.88.

2010 Outdoor: All-OVC selection in the 3,000 meter steeplechase...placed third in the steeple with a career-best time of 9:51.52 at the OVC Championships...finished third in the 1,500 meters at the Drake Relays with a career-best time of 3:58.40...placed fourth in the 5,000 meters with a career-best time of 15:17.98 at the Ole Miss Invitational...finished third at the Joey Haines Invitational in the 1,500 meters...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: All-OVC selection in the 3,000 meters...placed third in the 3,000 meters with a time of 8:43.76 at the OVC Championships...placed fourth in the 5,000 meters with a career-best 15:19.47...finished fourth with a career-best 1:58.18 in the 800 meters at the EIU Mega Meet...set a personal best in the mile with a time of 4:21.41 at the Hoosier Hills Invitational...placed fourth in the 3,000 meters and eighth in the mile at the SASF Invitational.

2009 Cross Country: Recorded three top-four finishes...opened the season with a third place finish at the Saluki Early Bird Invite, running the 6K in 19:19.90...placed third in the 8K at the UE Invitational with a time of 26:17.85...finished fourth in the 8K at the EIU Panther Open with a time of 25:29.90...ran a season-best 25:23.61 in the 8K at the Greater Louisville Classic, finishing 65th...at the OVC Championships, placed 22nd with a time of 27:40.86...top Redhawk finisher at the NCAA Midwest Regional with a time of 34:03.40 in the 10K, placing 104th.

2009 Outdoor: OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Placed fourth in the 3000 meters with a time of 8:45.95 at the OVC Championships...ran a season's best time of 8:40.07 in the 3000 meters at the Hoosier Relays...ran a season's best time of 1:58.88 in the 800 meters at the Hoosier Hills Invitational...ran a season's best time of 4:24.18 in the mile at the Redbird Invitational, placing fourth.

2008 Cross Country: Finished 22nd in the 8K at the OVC Championships...finished sixth in the 8K at the Redhawk Classic...opened season with a time of 18:59 in the 6K at the Stegemoller Classic, finishing ninth and ranking fifth in the OVC...ran a season's best time of 25:39.38 in the 8K at 2008 Greater Louisville Cross Country Classic...finished 18th with a time of 26:28.84 in the 8K at Eastern Illinois University...finished 89th in the 10K with a time of 33:25.95 at NCAA Midwest Regional...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008 Outdoor: Ran a season's best 15:59.12 in the 5000 meters at the OVC Championships...recorded a season's best time of 2:00.18 in the 800 meters at the Mississippi Invitational...ran a season's best 4:07.00 in the 1500 meters at the SIUE Twilight Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007 Cross Country: Ran 26:51.32 in the 8K at the OVC Championships...finished 17th with a time of 27:00.97 in the 8K at the Greater Louisville Classic...ran a season's best 26:40.12 in the 8K at the Panther Open...posted a time of 33:40.00 in the 10K at the NCAA Midwest Regional...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep: All-State runner...Mid-Distance for Francis Howell North.

Personal: Born 7/29/88...son of Bryan and Shelly Loseman...majoring in Accounting.



CAREER BESTS

OUTDOOR	
1,500 Meters	3:58.40
5,000 Meters	15:17.98
3,000 Meter Steeplechase	9:51.52

INDOOR	
800 Meters	1:58.18
Mile	4:21.41
3,000 Meters	8:40.07
5,000 Meters	15:19.47

CROSS COUNTRY	
8K	25:05.25
6K	18:59.00
10K	32:20.88

CAREER HONORS

ALL-OVC	
3,000 Meter Steeplechase(Outdoor)	3rd (2010)
3,000 Meters (Indoor)	3rd (2010)
Second Team (Cross Country)	8th (2010)

CHRIS LOSEMAN

DISTANCE • SENIOR • ST. CHARLES, MO. • FRANCIS HOWELL NORTH

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2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Cross Country: Competed in all seven meets...ran a career-best 26:09.00 in the 8K at the Bradley Classic...ran the 6K at the Washington University Early Bird in 20:13.90...competed in the NCAA Midwest Regional, finishing the 10K in 33:40.45.

2010 Outdoor: Placed tenth in both the 5,000 and 10,000 meters at the OVC Championships...placed sixth in the 5,000 meters at the Drake Relays...recorded a career-best in the 5,000 meters with a ninth place at the Ole Miss Invitational...ran a career-best 4:14.40 in the 1,500 meters at the Joey Haines Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: All-OVC selection as a member of the distance medley relay team...placed sixth in the 3,000 meters at the EIU Mega Meet...set a new career-best in the 3,000 meters at the SASF Invitational with a time of 9:12.69...recorded a personal best in the mile with a time of 4:29.45 at the Hoosier Hills Invitational.

2009 Cross Country: Placed 21st in the 8K at the EIU Panther Open with a season's best time of 26:39.33...finished 23rd at the OVC Championships with a time of 27:44.31 in the 8K...ran the 6K at the Saluki Early Bird Invite in 20:31.00...at the NCAA Midwest Regional ran the 10K in 35:16.60.

2009 Outdoor: Ran the 5000 meters in 15:55.26 at the SIUE Twilight Meet to place fourth...ran the 10,000 meters in 33:56.65 at the OVC Championships...finished the 5000 meters in 16:10.47 at the Joey Haines Invitational...ran the mile in 4:32.25 at the Redbird Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Finished ninth in the mile at the OVC Championships...helped the distance medley relay team to third place at the OVC Championships...won the mile at the Redhawk Invitational with a time of 4:31.70...recorded a season's best time of 4:30.27 in the mile at the Hoosier Hills Invitational.

2008 Cross Country: Ran a career best time of 26:37.82 in the 8K at the Greater Louisville Cross Country Classic...finished eighth with a time of 27:56.7 in the 8K at Redhawk Classic...ran 27:51.2 in the 8K at OVC Championships...ran 34:53.05 in the 10K at the NCAA Midwest Regional...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008 Outdoor: Ran a season's best in the 800 meters (2:07.55) and the 1500 meters (4:16.02) at the SEMotion Relays...Southeast Scholar Athlete.

2007 Cross Country: Ran a season's best 28:42.58 in the 8K at the Panther Open.

Prep: All-Conference selection...also competed on the soccer team.

Personal: Born 12/1/88...son of Sherri Rozwadowski...majoring in Finance.

CAREER BESTS

OUTDOOR

1,500 Meters	4:14.40
5,000 Meters	15:39.80
10,000 Meters	33:56.65

INDOOR

Mile	4:29.45
3,000 Meters	9:19.79

CROSS COUNTRY

8K	26:09.00
6K	20:13.90
10K	33:40.45

INDIVIDUAL TITLES

Mile	1
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CAREER HONORS

ALL-OVC

Distance Medley Relay (Indoor)	3rd (2010)
Distance Medley Relay (Indoor)	3rd (2009)

CODY MARTIN

DISTANCE • SENIOR • ST. CHARLES, MO. • FRANCIS HOWELL CENTRAL



2010 Indoor/Outdoor: Did not compete.

2009 Outdoor: Competed in two meets.

2009 Indoor: All-OVC selection in the long jump...placed third in the long jump with a season's best jump of 23'-8.25' at the OVC Championships...finished second at the Redhawk Invitational with a long jump of 23'-1.75"...finished second in the long jump at the Redbird Invitational.

2008 Outdoor: Finished fifth in the long jump at the OVC Championships... finished second with a season's best 23'-0.75" in the long jump at the SIUE Twilight Invitational...finished fifth in the long jump at the Tennessee State Relays.

2008 Indoor: Jumped a season's best 23'-3.25" in the long jump finishing fifth at the OVC Championships...jumped a season's best 44'-9.50" in the triple jump at the OVC Championships finishing sixth.

2007 Outdoor: Recorded a season's best jump of 21'-2.00" at the Mississippi State Bulldog Invitational.

2007 Indoor: Placed 10th in the long jump with a jump of 21'-2.00" at OVC Championships...recorded a season's best jump of 21'-8.25" at the Saluki Booster Club Invitational finishing eighth...finished fourth in the long jump at the Redhawk Invitational with a jump of 21'-6.00"...finished third in the 55 meter dash with a time of 6.69 at the Redhawk Invitational.

Prep: All-Metro...All-State...1st Team All-Conference.

Personal: Son of Carolyn Smith...named to the OVC Commissioner's Honor Roll... Southeast Scholar Athlete...majoring in construction and management design.

CAREER BESTS

OUTDOOR

Long Jump ————— 23'-0.75" (7.03 m)

INDOOR

Long Jump ————— 23'-8.25" (7.22 m)

Triple Jump ————— 44'-9.50" (13.65 m)

CAREER HONORS

ALL-OVC

Long Jump (Indoor) ————— 3rd (2009)

ANTOINE SMITH

JUMPS • SENIOR • FLORISSANT, MO. • HAZELWOOD EAST

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2010 Cross Country: Competed in one meet...ran the 6K at the Washington University Early Bird in 21:07.80.

2010 Outdoor: Placed fourth in the steeplechase at the OVC Championships with a time of 10:04.17...placed fourth in the 1,500 meters at the Joey Haines Invitational with a career-best 4:05.29...placed fifth in the javelin at the Joey Haines Invitational...set a career-best in the javelin with a throw of 143'-11.25" at the Ole Miss Invitational...placed ninth in the 1,500 meters at the Drake Relays...finished sixth in the javelin at the Memphis Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: All-OVC selection as a member of the distance medley relay team...finished fifth in the 800 meters with a season-high time of 1:59.48 at the EIU Mega Meet...placed sixth in the mile at the OVC Championships with a time of 4:21.02...set a career-best in the mile with a time of 4:20.56 at the Frank Seigne Husker Invitational...recorded a career-best time of 8:53.28 at the Hoosier Hills Invitational.

2009 Cross Country: Finished 33rd at the UE Invitational with a time of 27:35.66 in the 8K...ran a season's best 27:04.82 in the 8K at the Greater Louisville Classic...finished 19th in the 6K at the Saluki Early Bird Invite with a time of 21:02.10.

2009 Outdoor: OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Won the 800 meter title at the Redhawk Invitational with a time of 1:59.29...member of the winning 4X400 meter relay team at the Redbird Invitational...ran a season's best time in the 800 meters at the Hoosier Hills Invitational with a time of 1:58.99 placing, 12th...placed fifth at the Redbird Invitational in the 800 meters with a time of 1:59.45.

Prep: All-State...placed fourth in 800 meters and third as a member of the 4x400 meter relay team at state meet...Conference Champion in 800 meters...competed on the football and basketball team...was named All-Conference at defensive end...Valedictorian of his senior class.

Personal: Born 5/6/90...son of Robin and Kelly Krause...majoring in Business Management.

CAREER BESTS

OUTDOOR

1,500 Meters	4:05.29
3,000 Meter Steeplechase	10:04.17
Javelin	143'-11.25" (43.87 m)

INDOOR

800 Meters	1:58.99
Mile	4:20.56
3,000 Meters	8:53.28

CROSS COUNTRY

8K	27:04.82
6K	21:02.10

INDIVIDUAL TITLES

800 Meters	1
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CAREER HONORS

ALL-OVC

Distance Medley Relay (Indoor)	3rd (2010)
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JOEL KRAUSE

DISTANCE/JAVELIN • JUNIOR • KNOB NOSTER, MO. • KNOB NOSTER



2010 Cross Country: Competed in two meets...ran the 6K in 21:30.30 at the Washington University Early Bird...set a season-best in the 8K with a time of 29:48.00 at the Saluki Invitational.

2010 Outdoor: All-OVC selection as a member of the 4X400 meter relay team...competed in three meets...placed fifth in the 800 meters with a career-best 1:55.80 at the OVC Championships...finished third in the 800 meters at the Joey Haines Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: All-OVC selection as a member of the distance medley relay team...won the 600 meter title at the Redhawk Invitational with a career-best time of 1:25.28...placed second in the 1,000 meters at the EIU Mega Meet with a career-best time of 2:35.37...placed sixth in the 800 meters at the OVC Championships...set a career-best in the 800 meters with a time of 1:57.00 at the Indiana Relays...placed fourth in the 800 meters at the SASF Invitational...recorded a career-best in the mile at the Saluki Fast Start with a time of 4:41.02.

2009 Outdoor: Ran the 800 meters in 2:00.66 in the prelims of the OVC Championships...placed ninth in the 800 meters with a time of 1:59.10 at the Joey Haines Invitational...recorded a season's best time of 1:58.77 in the 800 meters at the SIUE Twilight Meet...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Finished eighth in the 800 meters with a time of 2:01.99 at the OVC Indoor Championships...ran a season's best time 1:58.40 in the 800 meters in the prelims at the OVC Indoor Championships...helped the distance medley relay team to third place finish at the OVC Indoor Championships...finished third in the 800 meters at the Redhawk Invitational...placed seventh in the 800 meters at the Redbird Invitational.

2009 Cross Country: Competed in two meets...ran the 6K at the Saluki Early Bird Invite in 22:16.90...at the EIU Panther Open ran the 8K in 29:07.12.

Prep: Four-time State Champion as a member of the 4x800m relay team...three-time State Champion as a member of the 4x400m relay team...two-time state qualifier for cross country team...participated in soccer, basketball and baseball.

Personal: Born on 5/16/89...Son of Rick and Judy Wieser...major is undecided.



CAREER BESTS

OUTDOOR
800 Meters _____ 1:55.80

INDOOR
600 Meters _____ 1:25.28
800 Meters _____ 1:57.00
1,000 Meters _____ 2:35.37

CROSS COUNTRY
8K _____ 29:07.12
6K _____ 21:30.30

INDIVIDUAL TITLES

600 Meters _____ 1

CAREER HONORS

ALL-OVC
Distance Medley Relay (Indoor) _____ 3rd (2010)
4X400 Meter Relay (Outdoor) _____ 2nd (2010)

MAX WIESER

DISTANCE • JUNIOR • CAPE GIRARDEAU, MO. • SAXONY LUTHERAN

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2010 Cross Country: Competed in three meets...recorded best time and finish in the 8K at the Saluki Invitational, finishing 36th in 28:42.10...ran the 6K in 22:21.30 at the Washington University Early Bird.

2010 Outdoor: Competed in one meet...ran the 800 meters at the Joey Haines Invitational in 2:03.46...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Competed in four meets...placed fourth in the 800 meters at the Redhawk Invitational...recorded a career-best time of 2:02.59 in the 800 meters at the Hoosier Hills Invitational...ran a career-best 2:43.17 in the 1,000 meters at the EIU Mega Meet, finishing sixth.

2009 Cross Country: Competed in five meets...finished 18th in the 6K at the Saluki Early Bird Invitational...career best time of 27:16.17 in the 8K at the Greater Louisville Classic...placed 45th at the OVC Championships with a time of 29:21.66 in the 8K.

Prep: All-State selection as a member of the 4X800 relay team...2nd Team All-Southwestern Conference Cross Country Team selection...Honorable Mention Belleville News Democrat All-Area Track & Field Team...helped team to 7th place showing at 2008 IHSA State Cross Country Meet...finished sixth at the Normal Sectional Cross Country Meet, helping team to Sectional title...finished sixth at Regional Championships...eight top-ten cross country finishes as a senior...honor roll student.

Personal: Born 5/21/91...son of Keith and Diane Dudding...majoring in Pre-Physical Therapy.

CAREER BESTS

OUTDOOR

800 Meters ————— 2:03.46

INDOOR

800 Meters ————— 2:02.59

1,000 Meters ————— 2:43.17

CROSS COUNTRY

8K ————— 28:42.10

6K ————— 22:21.30



DEVON DUDDING

DISTANCE • SOPHOMORE • EDWARDSVILLE, ILL. • EDWARDSVILLE



2010 Outdoor: Competed in two meets...placed eighth in the triple jump at the OVC Championships...recorded career-bests in both the long (20'-8.25") and triple jump (42'-4.25") at the Memphis Invitational... Southeast Scholar Athlete.

2010 Indoor: Competed in four meets...set a personal best at the Redhawk Invitational with a long jump of 20'-1.00"...set a personal career-best in the 200 meters with a time of 24.88 at the Saluki Fast Start.

Prep: Named All-State in the triple jump in 2007 and 2009...three-time All-Conference triple jumper...seven top-five finishes in the triple jump.

Personal: Born 7/24/90...son of William and Karen Miller...major is undecided.

CAREER BESTS

OUTDOOR

Long Jump ————— 20'-1.00" (6.12 m)
Triple Jump ————— 42'-4.25" (12.91 m)

INDOOR

200 Meters ————— 24.88
Long Jump ————— 20'-1.00" (6.12 m)



EVAN MILLER

JUMPS • SOPHOMORE • STE GENEVIEVE, MO. • VALLE CATHOLIC

GOSOUTHEAST.COM



2010 Cross Country: Competed in all six meets...placed 20th at the OVC Championships with an 8K time of 26:44.63...recorded a season-best time in the 8K at the Bradley Classic with a time of 26:05.00...ran the 6K in 20:05.90 at the Washington University Early Bird...competed in the NCAA Midwest Regional, finishing the 10K in 33:05.19.

2010 Outdoor: Placed eighth in the 10,000 meters at the OVC Championships with a career-best time of 33:40.16...placed seventh with a career-high 15:51.04 in the 5,000 meters at the Joey Haines Invitational...placed seventh in the 5,000 meters at the Drake Relays...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Named OVC Co-Freshman of the Year...placed fifth in the 5,000 meters at the OVC Championships with a time of 15:21.18...finished second in the 5,000 meters with a career-best 15:18.26 at the Indiana Relays...recorded a career-best in the 3,000 meters with a time of 8:49.58...placed fifth in the 3,000 meters at the EIU Mega Meet...recorded a career-best in the mile with a time of 4:45.00 at the SASF Invitational.

2009 Cross Country: Recorded three top-20 finishes...placed 17th at the OVC Championships with a time of 27:23.27 in the 8K...recorded a career-best 8K time of 25:42.19 at the Greater Louisville Classic...ran the 8K in 26:35.38 at the EIU Panther Open, placing 18th...finished 11th in the 6K with a time of 20:02.40 at the Saluki Early Bird Invite...placed 18th at the UE Invitational with a time of 27:08.52 in the 8K...ran the 10K in 34:26.60 at the NCAA Midwest Regional.

Prep: ESPN All-Area Metro St. Louis selection...member of the 2006 Cross Country Championship team...ran a season's best time of 16:13.40 in the 5K at Class 4 Sectional 2, placing third...placed second in the 5K at Class 4 District 4...placed second in the 5K at GAC South Conference Championship...ran the 800 meters, 1,600 meters and 3200 meters for the track team...ran a 9:41.27 in the 3200 meters at MSHSAA Class 3-4 State Track Championships, placing seventh...ran a personal best time of 4:23.19 in the 1600 meters at Class 4 Sectional 2, placing fifth...ran a personal best of 4:34.89 in the mile at Phil Brusca & Connie Strohbach Invite, placing second...won three meets in the 3,200 meters...ran a personal best of 9:39.80 in the 3200 meters at FZW Jaguar Invitational, placing first...ran a 4:45.70 in the 1600 meters at Holt Pow Wow, placing first...ran a personal best of 2:07.40 in the 800 meters at Holt Pow Wow, placing third...ran a personal best of 9:19.50 in the 3000 meters at Missouri All-Comers Meet, placing second.

Personal: Born 4/3/90...son of Ken and Pam Mullen...majoring in Exercise Science...coached by former Redhawks distance runner Tom Kinder.

CAREER BESTS

OUTDOOR

5,000 Meters	16:25.00
10,000 Meters	33:40.16

INDOOR

Mile	4:45.00
3,000 Meters	8:49.58
5,000 Meters	15:18.26

INDOOR

10K	33:05.19
8K	25:42.19
6K	20:02.40

CAREER HONORS

OVC Indoor Co-Freshman of the Year (2010)

TYLER MULLEN

DISTANCE • SOPHOMORE • ST. PETERS, MO. • FORT ZUMWALT SOUTH



2010 Outdoor: All-OVC selection in the shot put and hammer throw...placed second in the shot put with a career best toss of 51'-0.25" at the OVC Championships...placed third in the hammer throw with a career-best 154'-10.00" at the OVCs...set a career best in the discus with a throw of 125'-6.00" at the OVCs...placed second in the shot put with a throw of 50'-2.00" at the Rhodes College Open Meet...Southeast Scholar Athlete.

2010 Indoor: All-OVC selection in the shot put...finished third in the shot put with a career-best toss of 52'-4.00" at the OVC Championships...placed fourth in the weight throw with a toss of 52'-8.25" at the OVC Championships...placed fourth in the shot and weight throw at the EIU Mega Meet...placed sixth in the shot put at the Indiana Relays.

Prep: 2008 State champion in the shot put with a throw of 55'-3.00"...two-time All-State selection in the shot put and discus...won sectional championship in the shot and placed second in the discus in 2008...District champion in shot and discus...also played football...All-State, All-District and All-Conference selection in football...National Honor Society member.

Personal: Born 10/23/89...son of Linda Kyles...major is undecided.



CAREER BESTS

OUTDOOR

Hammer Throw	154'-10.00" (47.19 m)
Discus	125'-6.00" (38.26 m)
Shot Put	51'-0.25" (15.55 m)

INDOOR

Shot Put	52'-4.00" (15.95 m)
Weight Throw	52'-8.25" (16.06 m)

CAREER HONORS

ALL-OVC

Hammer Throw (Outdoor)	3rd (2010)
Shot Put (Outdoor)	2nd (2010)
Shot Put (Indoor)	3rd (2010)

CRAIG ROBINSON

THROWS • SOPHOMORE • HAYTI, MO. • HAYTI



2010 Outdoor: Placed fourth in the hammer throw (154'-1.00") and seventh in the discus (132'-11.00") at the OVC Championships...set career bests in the hammer and discus at the OVC Championships...finished eighth in the hammer throw at the Drake Relays with a toss of 150'-10.00"...placed ninth in the hammer throw at the Memphis Invitational...finished tenth in the hammer throw at the Rhodes College Open Meet...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Competed in six meets...recorded two top-seven finishes at the OVC Championships...placed sixth in the shot (51'-3.00") and seventh in the weight throw (49'-7.00") at the OVC's, setting career-highs...placed ninth in the weight throw at the EIU Mega Meet...had a throw of 47'-5.75" in the weight at the Redhawk Invitational.

Prep: State qualifier in the discus...four-time All-Conference selection...All-District selection...placed fifth at the Class 4 District Meet in the discus as a senior...placed third in the discus as a junior at Sectional Meet...set a personal best in the discus as a junior in the discus with a throw of 148'-0.00" at District meet...also threw the shot put...member of the football team.

Personal: Born 3/7/91...son of Jerry and Patti Siemers...major is undecided.

CAREER BESTS**OUTDOOR**

Hammer Throw ————— 154'-1.00" (46.96 m)
Discus ————— 132'-11.00" (40.52 m)

INDOOR

Shot Put ————— 51'-3.00" (15.62 m)
Weight Throw ————— 49'-7.00" (15.11 m)

**JARED SIEMERS****THROWS • SOPHOMORE • CAPE GIRARDEAU, MO. • CAPE CENTRAL**



2010 Outdoor: All-OVC selection in the pole vault...placed third in the pole vault with a career-best height of 15'-0.00" at the OVC Championships...competed in four meets...finished ninth in the pole vault at the Joey Haines Invitational...placed tenth in the pole vault at the Memphis Invitational.

2010 Indoor: Competed in six meets...placed fourth in the pole vault with a height of 13'-6.00" at the OVC Championships...finished third in the pole vault at the Redhawk Invitational...set a career-best in the pole vault with a height of 13'-11.25" at the Indiana Relays.

Prep: Two-time Missouri state champion in the pole vault...at state meet his senior year, set a personal best with a height of 15'-2.00"...won four pole vault titles his senior year including Sectional and District championships...cleared 14'-0.00" at state meet his junior season to claim title...won five titles as a junior...placed seventh in the pole vault as a sophomore at the state meet...also played football.

Personal: Born 8/12/90...son of Victor Wilfong and Tonya Irwin...majoring in Construction Management.

CAREER BESTS

OUTDOOR

Pole Vault ————— 15'-0.00" (4.57 m)

INDOOR

Pole Vault ————— 13'-11.25" (4.25 m)

CAREER HONORS

ALL-OVC

Pole Vault (Outdoor) ————— 3rd (2010)



JEFF WILFONG

POLE VAULT • SOPHOMORE • BONNE TERRE, MO. • NORTH COUNTY

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2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Cross Country: Competed in six meets...recorded a career-best in the 8K with a time of 25:34.00 at the Bradley Classic...ran the 8K at the OVC Championships in 27:28.85...placed 11th in the 6K with a time of 19:45.00 at the Washington University Early Bird.

2010 Outdoor: Competed in four meets...placed fifth in the 1,500 meters at the Joey Haines Invitational with a time of 4:05.29...set a career-best in the 1,500 meters with a time of 4:00.68 at the Ole Miss Invitational...placed eighth in the 1,500 meters at the OVC Championships with a time of 4:00.82...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Competed in five meets...placed second in the mile at the Redhawk Invitational with a time of 4:27.72...placed eighth at the OVC Championships in the mile with a career-best time of 4:25.02...finished sixth in the mile at the EU Mega Meet...set a career-best in the 800 meters with a time of 2:05.76 at the SASF Invitational.

2009 Cross Country: Competed in four meets...ran a season's best 27:42.43 in the 8K at the Greater Louisville Classic...at the EIU Panther Open finished the 8K with a time of 27:53.58...finished the 6K in 21:44.30 at the Saluki Early Bird Invite.

Prep: Placed 27th at the 2008 MSHSAA State Cross Country Championships...ran a personal best and team best 17:00.00 in the 5K at ABC League Championship, placing second...ran the 800, 1600 and 3200 meters for the track team...placed seventh in the 1600 and 14th in the 800 meters at the 2009 MSHSAA State Championships...District 2 champion in the 800 and 1600 meters...ran a personal best of 1:58.17 in the 800 meters at Lutheran South Invitational, placing first...won eight individual track titles in 2009...ABC / MWAA Conference Champion in the 800 and 1600 meters...National Honor Society member.

Personal: Born 10/15/90...son of Mark and Debbie Zisser...majoring in Social Studies Education.

CAREER BESTS

OUTDOOR

1,500 Meters ————— 4:00.68

INDOOR

800 Meters ————— 2:05.76

Mile ————— 4:25.02

CROSS COUNTRY

8K ————— 25:34.00

6K ————— 19:45.00

ALEX ZISSER

DISTANCE • SOPHOMORE • ST. LOUIS, MO. • LUTHERAN SOUTH



WOMEN'S PROFILES

WOMEN'S PROFILES



2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: OVC hammer throw champion...All-OVC selection in the shot put...won OVC hammer title with a career-best throw of 167'-11.00"...placed second in the shot put with a throw of 45'-7.75" at the OVC Championships...recorded seven top-five finishes...placed sixth in the discus at the OVC Championships with a career-best throw of 138'-11.00"...finished fifth in the shot put with a career-best throw of 46'-6.75" at the Georgia Tech Invitational...placed third in the shot put, fourth in the discus and fifth in the hammer throw at the Memphis Invitational...finished fourth in the hammer throw at the Rhodes College Open Meet...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: All-OVC selection in the shot put and weight throw...placed second in the weight throw and third in the shot at the OVC Championships...recorded seven top-three finishes, four in the shot...set career-bests in both the shot (46'-4.00") and weight throw (55'-11.75") at the Redhawk Invitational...placed second in the weight throw and third in the shot put at the Redhawk Invitational...captured second place finishes in the shot and weight throw at the EIU Mega Meet...placed third in the shot put at the Saluki Fast Start...finished fifth in the shot put at the Indiana Relays...named OVC Indoor Field Athlete of the Week on 1/26.

2009 Outdoor: Placed fourth in the shot put with a career best toss of 46'-0.00" at the OVC Championships...also finished seventh in the discus at the OVC Championships...finished second in the shot put with a throw of 45'-10.00" and fifth in the discus at the Austin Peay Spring Fling...recorded fifth place finishes in the shot put at the SIUE Twilight Meet and SIU Spring Classic...placed seventh in the shot put at the Joey Haines Invitational...recorded a 15th place finish at the Athletics-Long Beach Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Placed fifth in the shot with a throw of 44'-4.00" and eighth in the weight throw at 50'-4.75" at the OVC Championships...placed second in the shot put at the Illinois State Redbird Invitational with a throw of 43'-9.00"...placed fourth in the shot put with a season's best throw of 45'-4.25" at the Hoosier Hills Invitational...finished fourth in the shot put at the SASF Invitational with a throw of 43'-11.25"...recorded a season's best throw of 51'-11.00" in the weight throw at the Redhawk Invitational.

2008 Outdoor: Placed fourth in the shot put at the OVC Championships with a season's best throw of 44'-3.50"...recorded third place finishes in the shot at the Tennessee State Relays and SIUE Twilight Invitational...season's best 125'-3.25" in the discus at the SIUE Twilight Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008 Indoor: Threw a season's best 51'-9.00" in the weight in fifth place showing at the OVC Championships...finished ninth in the shot put at the OVC Championships...placed third in the shot put at the Arkansas State Kick-off Classic...season's best throw of 44'-6.00" in the shot put at the Gene Edmonds Cup.

Prep: Two-time All-State selection in the shot put...named MVP of her team her senior year...also a varsity member of the cross country team...National Honor Society member.

Personal: Born 10/17/88...Daughter of John and Denise Egbuka...majoring in Health Promotion...member of SAAC...finalist to represent Southeast at the 2009 NCAA Leadership Convention.

BRIANNA EGBUKA

THROWS • SENIOR • CAPE GIRARDEAU, MO. • CAPE CENTRAL



CAREER BESTS

OUTDOOR

Discus	138'-11.00" (42.35 m)
Hammer Throw	167'-11.00" (51.18 m)
Shot Put	46'-6.75" (14.19 m)

INDOOR

Shot Put	46'-4.00" (14.12 m)
Weight Throw	55'-11.75" (17.06 m)

CAREER HONORS

OVC Hammer Throw Champion (2010 - Outdoor)

OVC Female Field Athlete of the Week (Indoor) — 1

ALL-OVC

Hammer Throw (Outdoor)	1st (2010)
Shot Put (Outdoor)	2nd (2010)
Shot Put (Indoor)	3rd (2010)
Weight Throw (Indoor)	3rd (2010)

INDIVIDUAL TITLES

Hammer Throw (Outdoor)	1
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2010 Outdoor: NCAA West Preliminary Meet qualifier in the javelin...recorded nine top-three finishes, including five javelin titles...OVC javelin champion with a throw of 151'-10.00"...All-OVC selection in the hammer throw and discus...placed third in the discus with a career-best throw of 149'-2.00" at the OVC's...also placed third in the hammer throw with a toss of 148'-5.00" at the OVC's...recorded a career-best throw of 41'-4.50" in the shot put at the OVC's, finishing fifth...won the javelin title at the Billy Hayes Invitational with a season-best throw of 162'-2.00"...captured javelin titles at the Rhodes College Open Meet, Joey Haines invitational and Georgia Tech Invitational...recorded a career-best hammer throw of 149'-11.00" at the Memphis Invitational...placed third in the discus at the Memphis Invitational...named OVC Female Field Athlete of the Week on 3/23.

2010 Indoor: Set a personal best in the shot put with a distance of 41'-2.25" at the OVC Championships...placed fourth in the shot and seventh in the weight throw at the OVC's...recorded a personal best in the weight throw with a distance of 49'-7.75" at the Hoosier Hills Invitational...finished fifth in the weight throw and sixth in the shot put at the Redhawk Invitational.

2009 Outdoor: NCAA Track & Field Championships qualifier in the javelin...placed 26th overall at NCAA's...NCAA Regional Qualifier...placed second in the javelin at the NCAA Regionals with a school record throw of 166'-8.00"...won four javelin titles...won the javelin title at the OVC Championships with a throw of 144'-9.75"...opened the season with a javelin title at the Austin Peay Spring Fling with a throw of 151'-6.50"...won javelin titles at the SIU Spring Classic and Louisville Twilight Meet...placed 14th at the Mt. SAC Relays...placed third in the javelin at the Joey Haines Invitational...recorded a season's best throw of 127'-9.75" in the discus at the Joey Haines Invitational.

2009 Indoor: Competed in the weight throw in two meets.

2008 Outdoor: NCAA Regional Qualifier...All-OVC selection...was the runner-up in the javelin at the OVC Championships with a throw of 139'-6.50"...won her first career individual title and recorded a season's best throw of 149'-1.75" at the SIUE Twilight Invite...placed second in the javelin at the Mississippi Invitational...finished third in the javelin at the SEMotion Relays...recorded season's best throw of 127'-10.00" in the discus...finished seventh in the javelin at the NCAA Regionals.

2008 Indoor: Recorded a season's best effort of 45'-6.50" in the weight throw at the OVC Championships.

2006-07 (Southeast Softball): Played in 13 games with eight starts as a member of the Redhawks softball team...played outfield and designated player...did not commit an error in 49 chances in the field.

Prep: State qualifier in the discus...took fourth place in the discus and seventh place in the javelin at the AAU Junior Olympics...also competed on the softball, tennis and basketball teams...First Team All-State, All-Conference, All-District and team MVP for the softball team her senior year.

Personal: Born 11/23/87...daughter of Angel and Mary Espiricueta...majoring in Art Education.

SAMANTHA ESPIRICUETA

THROWS • SENIOR • BELTON, MO. • BELTON



CAREER BESTS

OUTDOOR

Javelin	166'-8.00" (50.80 m)
Discus	149'-2.00" (45.46 m)
Hammer Throw	149'-11.00" (45.69 m)
Shot Put	41'-4.50" (12.61 m)

INDOOR

Shot Put	41'-2.25" (12.55 m)
Weight Throw	49'-7.75" (15.13 m)

CAREER HONORS

NCAA West Prelims Qualifier (2010)
OVC Javelin Champion (2010 - Outdoor)
NCAA Outdoor Championships Qualifier (2009)
NCAA Regional Qualifier (2009)
OVC Javelin Champion (2009 - Outdoor)
NCAA Regional Qualifier (2008)
OVC Female Field Athlete of the Week (Outdoor)—— 1

ALL-OVC

Javelin (Outdoor)	1st (2010)
Discus (Outdoor)	3rd (2010)
Hammer (Outdoor)	3rd (2010)
Javelin (Outdoor)	1st (2009)
Javelin (outdoor)	2nd (2008)

INDIVIDUAL TITLES

Javelin (Outdoor)	10
Hammer Throw (Outdoor)	1





2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: NCAA West Preliminary Meet qualifier...All-OVC selection in the long jump, 200 meters and as a member of the 400 meter relay team...competed in five events at the OVC Championships...recorded nine top-five finishes...placed third in the 200 meters with a time of 25.08 at the OVC Championships...finished third with a career-best long jump of 18'-10.75 at the OVC's...placed fourth in the 100 meters with a time of 12.19 at the OVC's...recorded three second place finishes at the Memphis Invitational, including a career-best in the 200 meters with a time of 24.00...placed second in the 100 and fourth in the 200 meters at the Joey Haines Invitational...ran a season's best 12.02 in the 100 meters at the Alabama Relays...named to the USTFCCA All-Academic Track & Field Team...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: All-OVC selection in the 55 meters and as a member of the 400 meter relay team...placed third in the 55 meters with a personal best time of 7.05 at the OVCs...placed fourth in the 200 meters and eighth in the long jump at the OVCs...set a personal best in the 200 meters with a time of 25.13 at the OVCs...captured the 300 meters and long jump titles at the Redhawk Invitational...placed second in the 55 meters at the Redhawk Invitational...finished third in the 60 meters with a time of 7.75 at the Hoosier Hills Invitational...placed third in the 60 meters at the EIU Mega Meet.

2009 Outdoor: All-OVC selection...competed in five events at the OVC Championships...placed second in the 200 meters, third in the 100 meters, seventh in the long jump and ninth in the triple jump...also helped 4X100 meter relay team to a second place finish at the OVC Championships...her prelim time of 11.78 ranks fourth on the school's all-time list in the 100 meters...ran a season-best 24.49 in the 200 meters of the OVC Championship prelims...won the 200 meters at the SIU Spring Classic with a time of 25.16...placed fourth in the 200 meters at the SIUE Twilight Meet with a time of 24.61...finished fifth in the 200 meters at the Joey Haines Invitational with a time of 24.94...recorded a time of 11.93 in the 100 meters at the Louisville Twilight meet, finishing fifth...set a career best in the 400 meters with a time of 57.53 at the VS Athletics Beach Invitational...Southeast Scholar Athlete.

2009 Indoor: Won an OVC Championship as a member of the 4X400 meter relay team...All-OVC selection...placed second in the 200 meters with a season's best time of 25.34 at the OVC Championships...also placed second in the long jump with a jump of 18'-4.50" at the OVC Championships...finished third in the 60 meter dash with a time of 7.65 at the OVC Championships...ran a season's best 7.63 in the 60 meters in the prelims at the OVC Championships...won her first long jump title at the Redhawk Invitational with a jump of 19'-1.25", which ranks eighth on the school's all-time list...won the 55 meter dash with a time of 7.16 at the Redhawk Invitational...finished second in the 60 meter dash and the 200 meters at the Illinois State Redbird Invitational...ran a season's best 59.14 in the 400 meters at the Hoosier Hills Invitational.

2008 Outdoor: All-OVC selection...finished fourth in the 100 meters with a season's best 12.24 at the OVC Championships...helped the 4X100 meter relay team to a second place finish at the OVC Championships...finished fourth in the 100 meters at the Tennessee State Relays with a time of 12.32...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008 Indoor: Placed second in the 55 meter dash with a season's best time of 7.24 at the Broadway Prescription Invite...captured first career title at the Indiana Relays in the 200 meters.

Prep: Finished 3rd in the 100 meters at state meet as a senior...also placed fifth in the 200 meters and eighth in the triple jump that year...three-time All-State selection as a junior...All-State selection in the triple and long jump as a sophomore.

Personal: Born 5/13/89...Daughter of Mike and Terri Kahle...majoring in Biomedical Science.

RACHEL KAHLE

SPRINTS/JUMPS • SENIOR • JACKSON, MO. • JACKSON



CAREER BESTS

OUTDOOR

100 Meters	11.78
200 Meters	24.00
Long Jump	18'-10.75" (5.76 m)

INDOOR

55 Meters	7.05
60 Meters	7.63
200 Meters	25.13
Long Jump	19'-1.25" (5.82 m)

CAREER HONORS

NCAA West Prelims Qualifier (2010)

OVC 4X400 Meter Relay Champion (2009 - Indoor)

ALL-OVC

4X400 Meter Relay (Outdoor)	2nd (2010)
200 Meters (Outdoor)	3rd (2010)
Long Jump (Outdoor)	3rd (2010)
4X400 Meter Relay (Indoor)	2nd (2010)
55 Meters (Indoor)	3rd (2010)
4X100 Meter Relay (Outdoor)	2nd (2009)
100 Meters (Outdoor)	3rd (2009)
200 Meters (Outdoor)	2nd (2009)
4X400 Meter Relay (Indoor)	1st (2009)
200 Meters (Indoor)	2nd (2009)
Long Jump (Indoor)	2nd (2009)
60 Meters (Indoor)	3rd (2009)
4X100 Meter Relay (Outdoor)	2nd (2008)

INDIVIDUAL TITLES

Long Jump (Indoor)	2
55 Meters (Indoor)	1
200 Meters (Outdoor)	1
200 Meters (Indoor)	1
300 Meters (Indoor)	1





2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: Did not compete due to injuries.

2010 Indoor: Competed in four meets...placed second in the long and fourth triple jump at the EIU Mega Meet...placed sixth in the triple jump at the SASF Invitational...set a career-best in the 60 meters with a time of 8.26 at the EIU Mega Meet...recorded a career-best in the 200 meters with a time of 27.65 at the Saluki Fast Start.

2009 Outdoor: OVC triple jump champion...won the triple jump with a leap of 38'-5.00" at the OVC Championships...placed fourth in the triple jump with an outdoor best 39'-3.00" at the Memphis Invitational...finished seventh in the long jump at the SIU Spring Classic...recorded a season's best long jump of 17'-8.50" at the SIUE Twilight meet...Southeast Scholar Athlete.

2009 Indoor: OVC Female Freshman of the Year...OVC champion in the triple jump with a jump of 39'-6.50" which ranks fourth on the school's all-time list...placed eighth in the long jump at 17'-8.75" at the OVC Championships...finished second with a triple jump of 38'-7.50" at the SASF Invitational...won the long jump with a season's best distance of 17'-11.25" and triple jump with a distance of 37'-10.00" at the Illinois State Redbird Invitational...OVC Female Field Athlete of the Week (1/20).

Prep: All-state long and triple jumper her senior and junior seasons.

Personal: Born 9/6/89...daughter of Valesia Brewer Napoleon...majoring in Pre-Physical Therapy.

SHEMEIKA BREWER

JUMPS • JUNIOR • CLARKSDALE, MISS. • CLARKSDALE



CAREER BESTS

OUTDOOR

Long Jump _____ 17'-8.50" (5.40 m)
Triple Jump _____ 39'-3.00" (11.96 m)

INDOOR

Long Jump _____ 17'-11.25" (5.47 m)
Triple Jump _____ 39'-6.50" (12.05 m)

CAREER HONORS

OVC Triple Jump Champion (2009 - Outdoor)
OVC Indoor Freshman of the Year (2009)
OVC Triple Jump Champion (2009 - Indoor)
OVC Female Field Athlete of the Week (Indoor) — 1

ALL-OVC

Triple Jump (Outdoor) _____ 1st (2009)
Triple Jump (Indoor) _____ 1st (2009)

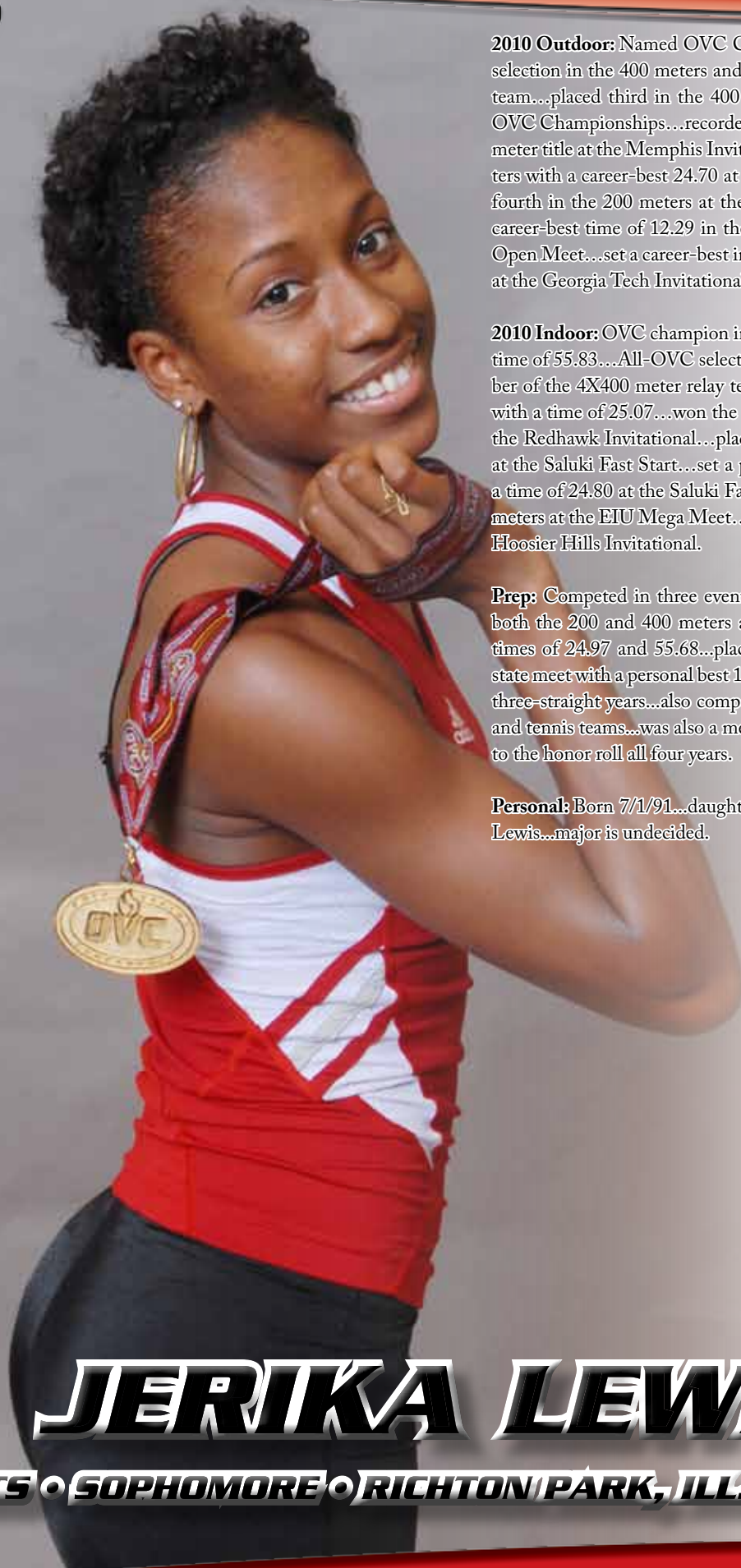
INDIVIDUAL TITLES

Triple Jump (Outdoor) _____ 1
Triple Jump (Indoor) _____ 2
Long Jump (indoor) _____ 1





2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: Named OVC Co-Freshman of the Year...All-OVC selection in the 400 meters and as a member of the 400 meter relay team...placed third in the 400 meters with a time of 55.97 at the OVC Championships...recorded five top-five finishes...won the 400 meter title at the Memphis Invitational...placed third in the 200 meters with a career-best 24.70 at the Memphis Invitational...finished fourth in the 200 meters at the OVC Championships...recorded a career-best time of 12.29 in the 100 meters at the Rhodes College Open Meet...set a career-best in the 400 meters with a time of 55.83 at the Georgia Tech Invitational...Southeast Scholar Athlete.

2010 Indoor: OVC champion in the 400 meters with a personal best time of 55.83...All-OVC selection in the 200 meters and as a member of the 4X400 meter relay team...placed third in the 200 meters with a time of 25.07...won the 600 meters with a time of 1:41.34 at the Redhawk Invitational...placed third in the 200 and 400 meters at the Saluki Fast Start...set a personal best in the 200 meters with a time of 24.80 at the Saluki Fast Start...finished second in the 400 meters at the EIU Mega Meet...placed fifth in the 400 meters at the Hoosier Hills Invitational.

Prep: Competed in three events at the state meet...placed third in both the 200 and 400 meters at the state meet with personal best times of 24.97 and 55.68...placed eighth in the 100 meters at the state meet with a personal best 12.45...named MVP of her track team three-straight years...also competed on the basketball, cross country and tennis teams...was also a member of the marching band...named to the honor roll all four years.

Personal: Born 7/1/91...daughter of Richard Green and Macknolia Lewis...major is undecided.

JERIKA LEWIS

SPRINTS • SOPHOMORE • RICHTON PARK, ILL. • RICH SOUTH



CAREER BESTS

OUTDOOR

100 Meters	12.29
200 Meters	24.70
400 Meters	55.83

INDOOR

200 Meters	24.80
400 Meters	55.83
600 Meters	1:41.34

CAREER HONORS

OVC Outdoor Co-Freshman of the Year (2010)

OVC 400 Meter Champion (2010 - Indoor)

ALL-OVC

4X400 Meter Relay (Outdoor)	2nd (2010)
400 Meters (Outdoor)	3rd (2010)
400 Meters (Indoor)	1st (2010)
4X400 Meter Relay (Indoor)	2nd (2010)
200 Meters (Indoor)	3rd (2010)

INDIVIDUAL TITLES

400 Meters (Outdoor)	1
400 Meters (Indoor)	1
600 Meters (Indoor)	1





2011 SOUTHEAST MISSOURI TRACK & FIELD

2010 Outdoor: Competed in six meets as a javelin thrower...placed fourth in the javelin with a season-best throw of 109'-3.00" at the Memphis Invitational...finished ninth at the OVC Championships...placed tenth at the Joey Haines Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Outdoor: Recorded three top-five finishes in the javelin...placed fourth at the Austin Peay Spring Fling...finished fifth with a career-best throw of 125'-0.75" at the Joey Haines Invitational...placed fifth at the Memphis Invitational.

2008 (Southeast Soccer): Was a member of the Redhawks soccer team as a goaltender.

2007 (Northwest Missouri State): Member of the Bearcats soccer team...threw javelin as a member of the track and field team.

Prep: Placed second in AAU regional meet in javelin and seventh in shot put in 2004, advancing to AAU national meet...AAU national meet participant in 2005...Second-Team All-Sunflower League soccer player at Shawnee Mission West High School...also played on the basketball and football teams.

Personal: Born 8/24/88...daughter of Rex and Lori Groom...majoring in Mathematics.

CAREER BESTS

OUTDOOR

Javelin ————— 125'-0.75" (38.12 m)



HANNAH GROOM

JAVELIN • SENIOR • OVERLAND PARK, KS. • NW MISSOURI STATE



2010 Outdoor: Competed in four meets as a high jumper...placed fourth at the OVC Championships with a height of 5'-2.25"...finished seventh at the Joey Haines Invitational with a jump of 5'-1.75"...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Competed in five meets as a high jumper...won the high jump and set a personal best with a height of 5'-3.00" at the Redhawk Invitational...placed sixth at the SASF Invitational with a height of 5'-2.25".

2009 Outdoor: All-OVC selection in the high jump...placed third at the OVC Championships with a height of 5'-2.25"...finished third at the Joey Haines Invitational with a height of 5'-4.25", matching her career best...placed fourth at the SIU Spring Classic...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Placed sixth at the OVC Championships with a season's best height of 5'-2.25"...placed second at the Redhawk Invitational with a height of 5'-2.00"...finished fifth at the Illinois State Redbirds Invitational.

2008 Outdoor: Placed seventh at the OVC Championships with a leap of 5'-4.25"...placed second in the high jump at the Tennessee State Relays...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008 Indoor: Recorded an indoor season's best jump of 5'-2.25" at the OVC Championships and the Arkansas State Kick-Off Classic...placed ninth in the high jump at the OVC Championships.

Prep: 2007 state champ...three-time All-State selection...four-time All-Conference and three-time All-District selection...also played volleyball...named volleyball team's MVP her junior and senior season...Valedictorian of her graduating class.

Personal: Born 12/12/89...daughter of Bill and Sue Harbstreet...majoring in Dietetics.



CAREER BESTS

OUTDOOR

High Jump _____ 5'-4.25" (1.63 m)

INDOOR

High Jump _____ 5'-3.00" (1.6 m)

CAREER HONORS

ALL-OVC

High Jump (Outdoor) _____ 3rd (2009)

INDIVIDUAL TITLES

High Jump (Indoor) _____ 1

CARA HARBSTREET

HIGH JUMP • SENIOR • URICH, MO. • SHERWOOD

2011 SOUTHEAST MISSOURI TRACK & FIELD



2010 Outdoor: Competed in three meets as a pole vaulter...tied her career-high with a vault of 10'-0.00" at the Joey Haines Invitational...placed tenth at the Memphis Invitational...presented the President's Spirit of Southeast Award...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Competed in three meets as a pole vaulter...set season-highs in the pole vault at the EIU Mega Meet and Redhawk Invitational with heights of 9'-6.25"...cleared 9'-6.00" at the OVC Championships.

2009 Outdoor: Placed eighth in the pole vault at the OVC Outdoor Championships...tied her career-best height of 10'-0.00" at the Joey Haines Invitational...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Placed ninth at the OVC Championships in the pole vault...finished sixth at the Illinois State Redbird Invitational...cleared a career-high 10'-0.00" in the pole vault at the Redhawk Invitational to place sixth...also competed in the 200 meters at the Redhawk Invitational setting a career best with a time of 29.99.

2008 Outdoor: Placed ninth in the OVC Championships with a height of 9'-6.00"...placed third in the pole vault at the Mississippi State Bulldog Invitational...Southeast Scholar Athlete.

2008 Indoor: Placed fifth in the pole vault at the OVC Championships with a height of 9'-6.00"...placed third at the Broadway Prescription Invitational with a height of 9'-6.00"...matched season-high in the pole vault at the Arkansas State Kick-Off Classic.

Prep: Two-time Sectional Pole Vault Champion...named Belleville News Democrat Pole Vaulter of the Year...received outstanding field events award in 2006 and in 2007...voted outstanding runner of the year in 2007...also competed on the cross country team and on the cheerleading squad...was Valedictorian of her high school class...recipient of the Jack Buck Leadership Award.

Personal: Born 2/14/89...daughter of Joe and Barb McNamara...her brother Mark was a distance runner for the Redhawks from 2004-2008...double major in News Broadcasting and Spanish.

CAREER BESTS

OUTDOOR

Pole Vault _____ 10'-0.00" (3.05 m)

INDOOR

Pole Vault _____ 10'-0.00" (3.05 m)



LAUREN McNAMARA

POLE VAULT • SENIOR • BREESE, ILL. • MATER DEI



2010 Cross Country: Competed in all seven meets...recorded a season's-best time of 19:40.38 in the 5K at the OVC Championships...placed tenth at the Saluki Invitational with a 5K time of 19:56.70...top finisher for the Redhawks at the Greater Louisville Classic...ran the 4K in 16:08.50 at the Washington University Early Bird...was the Redhawks top finisher at the NCAA Midwest Regional, finishing the 8K in 23:07.66.

2010 Outdoor: Competed in five meets...set a career best in the 3,000 meter steeplechase with a time of 11:47.15 at the Ole Miss Invitational, ranking eighth on the school's all-time charts...placed sixth in the 3,000 meter steeplechase at the OVC Championships...ran a season's best 18:35.95 in the 5,000 meters at the OVC's...recorded a season's best 5:01.51 in the 1,500 meters at the SIUE Twilight Meet...placed fifth in the 5,000 meters at the Joey Haines Invitational.

2010 Indoor: Competed in six meets...placed sixth in the 3,000 meters at the EIU Mega Meet...recorded a season-high time of 10:58.22 in the 3,000 meters at the Frank Sevigne Husker Invite...set a new personal best in the 5,000 meters with a time of 19:05.44 at the Indiana Relays...ran a season-high 5:24.13 in the mile at the Hoosier Hills Invitational.

2009 Cross Country: Second Team All-OVC selection...for the second straight season placed ninth in the OVC Championships, finishing the 5K in 20:28.72...placed third at the UE Invitational with a time of 18:57.05 in the 5K...Redhawks top finisher at the NCAA Midwest Regional, finishing 109th in the 8K with a time of 23:35.60...recorded a career best time of 18:33.36 in the 5K at the Greater Louisville Classic...finished 13th at the EIU Panther Open in the 5K with a time of 19:16.57...placed 12th in the 4K at the Saluki Early Bird Invite with a time of 15:25.50.

2009 Outdoor: Finished third in the 3000 meter steeplechase at the Joey Haines Invitational with a time of 11:54.94, which ranks ninth on the school's all-time list...ran the 3000 meter steeplechase in 12:00.85 and the 5000 meter run in 18:27.91 at the OVC Championships...placed eighth in the 3000 meter run with a time of 10:42.50 at the SIUE Twilight meet...placed eighth in the 1500 meter run with a time of 4:56.66 and tenth in the 800 meters at the SIU Spring Classic...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Placed eighth in the mile at the OVC Championships with a season's best time of 5:17.30...placed seventh in the 3000 meters at the Illinois State Redbird Invitational...won the 3000 meters at the Redhawk Invitational with a time of 10:56.08...ran a season's best 10:44.22 in the 3000 meters at the Hoosier Hills Invitational...ran a season's best 5:18.37 in the mile at the Indiana Relays.

2008 Cross Country: Second Team All-OVC selection...placed ninth in the OVC Championships with a time of 19:15.20 in the 5K...placed 128th in the 6K with a time of 23:31.85 at the NCAA Midwest Regional...finished sixth with a time of 19:38.40 in the 5K at the Redhawk Invitational...recorded a season's best time of 18:50.41 in the 5K at the Greater Louisville Classic, finishing 77th...placed 12th in the 4K at the Stegemoller Classic with a time of 15:39...finished 16th in the 5K at the Saluki Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2007 Cross Country: Placed 11th in the 5K at the Panther Open with a season's best 18:47.48...recorded a 6K time of 23:43.00 at the NCAA Midwest Regional...finished 20th in the 5K at the OVC Championships with a time of 19:36.64...ran 19:05.87 in the 5K at the Greater Louisville Classic...placed tenth in the 4K at the Stegemoller Classic.

Prep: Four-time State Championships qualifier...finished third at the 2006 State Cross Country Meet...All-State selection in the mile, 3200 meter run and as a member of the 4X800 meter relay team.

Personal: Born 4/29/89...daughter of Richard and Winona Noble...majoring in Physical Education.

CAREER BESTS

OUTDOOR	
1,500 Meters	4:56.66
5,000 Meters	18:27.91
3,000 Meter Steeplechase	11:47.15

INDOOR	
Mile	5:17.30
3,000 Meters	10:44.22
5,000 Meters	19:05.44

CROSS COUNTRY	
8K	23:07.66
5K	18:33.36
4K	15:25.50

CAREER HONORS

ALL-OVC	
Second Team (Cross Country)	9th (2009)
Second Team (Cross Country)	9th (2008)

MONICA NOBLE

DISTANCE • SENIOR • ST. CHARLES, MO. • FRANCIS HOWELL NORTH

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2010 Cross Country: Second Team All-OVC selection...placed 13th with a career-best time of 19:11.09 in the 5K at the OVC Championships...competed in all seven meets...placed seventh at the Saluki Invitational with a 8K time of 19:43.00...ran the 4K in 16:39.80 at the Washington University Early Bird...competed in the NCAA Midwest Regional, finishing the 8K in 23:34.87.

2010 Outdoor: Competed in five meets...placed ninth in the 1,500 meters with a season-best 4:56.72 at the OVC Championships...placed fifth at the SIUE Twilight Meet in the 1,500 meters...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Competed in five meets...placed ninth in the mile at the EIU Mega Meet...recorded a season-high time of 2:55.99 in the 800 meters at the SASF Invitational...finished the mile with a season-high time of 5:27.70 at the Hoosier Hills Invitational.

2009 Cross Country: Ran a season best 19:14.35 in the 5K at the EIU Panther Open, finishing 12th...placed 28th at the OVC Championships with a time of 21:32.71 in the 5K...finished 25th in the 5K with a time of 20:19.54 at the UE Invitational...placed 15th in the 4K with a time of 15:48.00 at the Saluki Early Bird Invite.

2009 Outdoor: Ran a career-best 4:48.13 in the 1500 meter run at the SIU Spring Classic, placing third...also placed fifth in the 800 meters with a career-best time of 2:23.49 at the SIU Spring Classic...placed tenth in the 1500 meters at the OVC Championships...finished seventh in the 1500 meters and ninth in the 800 meters at the Joey Haines Invitational...ran a 4:52.88 in the 1500 meters at the Sea Ray Relays...Southeast Scholar Athlete.

2009 Indoor: Placed sixth in the mile with a season's best time of 5:12.02 at the OVC Championships...placed sixth in the mile at the Illinois State Redbird Invitational...finished eighth in the mile with a time of 5:15.84 at the Hoosier Hills Invitational...placed fifth in the 800 meters with a time of 2:41.59 at the Redhawk Invitational.

2008 Cross Country: Placed 33rd at the OVC Championships with a time of 20:37.90 in the 5K...placed 153rd in the 6K at the NCAA Midwest Regional with a time of 24:15.55...recorded a season's best time in the 5K at the Greater Louisville Classic with a time of 19:38.08...placed 12th at the Redhawk Invite with a time of 20:38.20 in the 5K...ran the 4K in 16:25 at the Stegmoller Classic...Southeast Scholar Athlete.

2008 Outdoor: Finished eighth with a season's best time of 5:05.31 in the 1500 meter run at the SIUE Twilight Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2008 Indoor: Finished third in the 800 meters at the Broadway Prescription Invitational...recorded a season's best time of 2:21.81 in the 800 meters at the OVC Championships.

2007 Cross Country: Competed in five meets...recorded a season's best time 19:52.67 in the 5K at the Panther Open...finished with a time of 20:03.41 in the 5K at the OVC Championships...ran the 6K at the NCAA Midwest Regional in 24:54.00...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep: Placed first in the 4x800-meter relay at state in 2006...finished 7th at 2006 Nike Nationals as a member of the Distance Medley Relay team...finished 4th at state in the 4x800-meter relay in 2007...was a member of the cross country team placing 13th at the 2005 state meet and 21st at the 2006 state meet...also competed on the basketball team.

Personal: Born 6/9/88...Daughter of Robert and Amy Owens...majoring in History.

CAREER BESTS

OUTDOOR

800 Meters ————— 2:23.49
1,500 Meters ————— 4:48.13

INDOOR

800 Meters ————— 2:21.81
Mile ————— 5:12.02

CROSS COUNTRY

8K ————— 23:34.87
5K ————— 19:11.09
4K ————— 15:48.00

CAREER HONORS

ALL-OVC

Second Team (Cross Country) ————— 13th (2010)

KASEY OWENS

DISTANCE • SENIOR • EUREKA, MO. • EUREKA



2010 Outdoor: Competed in five meets as a long jumper...jumped a career-best 17'-5.50" at the Joey Haines Invitational, placing fifth...recorded a jump of 17'-3.50" at the OVC Championships...placed fifth at the SIUE Twilight Meet...Southeast Scholar Athlete.

2010 Indoor: Competed in two meets...had a career-best long jump of 16'-7.25" at the EIU Mega Meet.

Prep: Member of the 4X400 meter relay team that went to state meet...named MVP of her team her senior season...set a personal best in the long jump with a leap of 15'-3.50" at the District meet...also played basketball...received the basketball team's "Hustle Award".

Personal: Born 4/7/89...daughter of Linda McCormack...mother is a Southeast alum...majoring in Dietetics.

CAREER BESTS

OUTDOOR

Long Jump ————— 17'-5.50" (5.32 m)

INDOOR

Long Jump ————— 16'-7.25" (5.06 m)



MARY PEARSON

JUMPS • SENIOR • CAPE GIRARDEAU, MO. • CAPE CENTRAL

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2010 Outdoor: Competed in seven meets...placed seventh in the 400 meter hurdles with a time of 1:10.87 at the OVC Championships...finished seventh in the 100 meter hurdles at the Drake Relays...ran a season-high 1:08.74 in the 400 meter hurdles at the Joey Haines Invitational...recorded a career-best 15.80 in the 100 meter hurdles at the Memphis Invitational.

2010 Indoor: Did not compete

2009 Outdoor: Placed fifth in the 400 meter hurdles with a season's best time of 1:04.10 at the Joey Haines Invitational...finished seventh in the 400 meter hurdles at the Memphis Invitational with a time of 1:04.65...Southeast Scholar Athlete.

2009 Indoor: Ran on the winning 4X400 meter relay team at the OVC Championships...placed eighth in the 400 meters...ran a career best 59.49 in the 400 meters at the OVC Championships prelims...placed ninth in the 400 meters at the Saluki Fast Start with a time of 59.93...ran the 800 meters in 2:42.22 at the Saluki Fast Start...ran the 200 meters in 26.42 at the Redhawk Invitational...ran the 60 meter hurdles in 9.78 at the Illinois State Redbird Invitational...helped 4X400 meter relay team to a second place finish at the Hoosier Hills Invitational.

Prep: Florida state champion in the hurdles...District and Regional champion.

Personal: Born 3/13/90...daughter of Gerri Beard...majoring in Child Development.

CAREER BESTS

OUTDOOR

100 Meter Hurdles ————— 15.80
400 Meter Hurdles ————— 1:04.10

INDOOR

400 Meters ————— 59.49

CAREER HONORS

OVC 4X400 Meter Relay Champion (2009 - Indoor)

ALL-OVC

4X400 Meter Relay (Indoor) ————— 1st (2009)



TRAVON BEARD

HURDLES • JUNIOR • ORLANDO, FLA. • MAYNARD EVANS



2010 Outdoor: Competed in three meets...placed eighth in the 400 meters with a career-best time of 59.63 at the Memphis Invitational...ran a season's best time of 2:27.85 in the 800 meters at the OVC Championships.

2010 Indoor: Set a career-best in the 800 meters at the OVC Championships with a time of 2:27.85...placed third in the 800 meters at the Redhawk Invitational...finished fourth in the 800 meters at the Saluki Fast Start...recorded a career-best in the 400 meters with a time of 1:08.06 at the SASF Invitational...set a career-best in the 600 meters with a time of 1:44.07 at the Indiana Relays.

2009 Outdoor: Ran a season's best 2:22.24 in the 800 meters in the prelims of the OVC Championships...placed eighth in the 800 meters at the Joey Haines Invitational with a time of 2:25.60.

2009 Indoor: Placed fourth in the 800 meters with a time of 2:30.97 at the Redhawk Invitational.

Prep: Competed at the 2008 AAU Junior Olympic Games placing 16th in the 1,500 meters...also ran the 800 meters at the 2008 AAU Junior Olympic Games...placed 16th in the 800 meters at the 2008 state meet...District champion in the 800 meters.

Personal: Born 9/5/90...daughter of Angela Davis...majoring in Psychology.

CAREER BESTS

OUTDOOR

400 Meters	59.63
800 Meters	2:22.24

INDOOR

400 Meters	1:08.06
600 Meters	1:44.07
800 Meters	2:27.85



SHAROYAH DAVIS

SPRINTS • JUNIOR • ST. LOUIS, MO. • PATTONVILLE

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2010 Cross Country: Competed in all seven meets...recorded a career-best time of 21:08.98 in the 5K at the OVC Championships...ran the 4K in 17:17.90 at the Washington University Early Bird...competed in the NCAA Midwest Regional, finishing the 8K in 24:58.30.

2010 Outdoor: All-OVC selection as a member of the 400 meter relay team...competed in six meets...placed third in the 800 meters at the Joey Haines invitational...set a career-best in the 800 meters with a time of 2:20.03 at the Ole Miss Invitational...placed fifth with a career-best time of 58.48 in the 400 meters at the Memphis Invitational.

2010 Indoor: Competed in six meets...finished third and set a personal best in the 600 meters with a time of 1:44.31 in the Redhawk Invitational...recorded a personal best in the 800 meters at the OVC Championships with a time of 2:24.04...finished fifth with a time of 2:29.38 at the EIU Mega Meet.

2009 Cross Country: Competed in just one meet...ran the 5K at the EIU Panther Open in 22:09.94.

Prep: MSHSAA State Cross Country Championship qualifier...ran a PR of 19:30.00 in the 5K at the SEMO Conference meet, finishing fourth...finished 6th at the 2007 Class 4 District Cross Country Meet...finished 8th at the 2007 Class 4 Sectional Cross Country Meet... finished the 2007 season with five top-ten finishes in the 5K...ran the 400 and 800 meters for track team... MSHSAA State Championship qualifier in the 400 meters... ran a personal best of 59.70 in the 400 meters at the 2007 Class 4 District 1 Championships, finishing second...finished third in the 400 at the 2007 Class 4 Sectional Meet.



CAREER BESTS

OUTDOOR

400 Meters ————— 58.48
800 Meters ————— 2:20.22

INDOOR

600 Meters ————— 1:44.31
800 Meters ————— 2:24.04

CROSS COUNTRY

8K ————— 24:58.30
5K ————— 21:08.98
4K ————— 17:17.90

CAREER HONORS

ALL-OVC

4X400 Meter Relay (Outdoor) ————— 2nd (2010)

TIFFANY MEAD

DISTANCE • JUNIOR • CAPE GIRARDEAU, MO. • CAPE CENTRAL



2010 Cross Country: Competed in all seven meets...recorded a season-best time of 19:58.63 in the 5K at the Greater Louisville Classic...placed 12th in the 5K at the Saluki Invitational...ran the 4K in 16:24.10 at the Washington University Early Bird...competed in the NCAA Midwest Regional, finishing the 8K in 24:07.61.

2010 Outdoor: Competed in five meets...ran a career-best 5:07.06 in the 1,500 meters at the Ole Miss Invitational...placed sixth in the 1,500 meters at the SIUE Twilight Meet with a time of 5:08.16...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Ran the mile in three meets...placed 11th at the EIU Mega Meet with a mile time of 5:51.71...set a career-best in the mile with a time of 5:35.73 at the OVC Championships.

2009 Cross Country: Competed in five meets...placed tenth at the EIU Panther Open with a career best 19:01.27 in the 5K...finished 22nd at the UE Invitational with a time of 20:14.05...at the OVC Championships placed 29th with a time of 21:35.22 in the 5K...placed 146th at the Greater Louisville Classic with a time of 19:34.35...at the Saluki Early Bird Invite finished 14th in the 4K with a time of 15:32.20.

2009 Outdoor: Competed in just one meet due to injuries...ran the 5000 meters in 19:54.71 at the Joey Haines Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2009 Indoor: Finished third in the mile at the Redhawk Invitational with a time of 5:36.50.

2008 Cross Country: Finished 146th at NCAA Midwest Regionals with a time of 23:52.80 in the 6K...finished 15th at the OVC with a time of 19:41.00 in the 5K...ran a season's best at the Great Louisville Country Classic with a time of 19:23.30 in her collegiate debut...had a top-ten finish at the Redhawk Invite finishing seventh with a time of 19:41.20 in the 5K...finished in 20:17.99 in the 5K at the Saluki Invite...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep: Cross country state qualifier, finishing 42nd with a time of 18:08.00 her senior year...finished 10th at the state sectional meet...won the Granite City Invitational with a time of 19:01.88 in the three miles...led team to conference and regional team titles...was a four-time state qualifier for the track team...ran the 1600 meters for the track team...finished third in the 1600 at state sectional meet...All-Conference selection in the 1600 meters and 4X800...won three individual titles in the 1600 meters her senior season...ran on the state qualifying 4X800 meter relay team that finished third in 2006 and seventh in 2007...also competed on the tennis team...National Honor Society member.

Personal: Born 1/11/90...Daughter of Lee and Diana Speicher...majoring in Elementary Education.

CAREER BESTS

OUTDOOR

1,500 Meters 5:07.06
5,000 Meters 19:54.71

INDOOR

Mile 5:35.73

CROSS COUNTRY

8K 24:07.61
5K 19:01.27
4K 15:32.20

LIZ SPEICHER

DISTANCE • JUNIOR • EDWARDSVILLE, ILL • EDWARDSVILLE

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2010 Outdoor: Competed in six meets as a pole vaulter...recorded a career-best at the SIUE Twilight Meet with a height of 10'-11.75", placing second...placed seventh with a height of 10'-6.00" at the Alabama Relays...finished eighth at the Memphis Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

2010 Indoor: Competed in five meets as a pole vaulter...finished with three top-five finishes...had a career-best height of 10'-8.00" while finishing fourth at the Saluki Fast Start...placed fourth at the EIU Mega Meet and at the Redhawk Invitational.

Prep: Finished third at state in the pole vault with a height of 10'-6.00" her senior season...placed third in the pole vault at state her junior season...recorded a personal best height of 11'-6.00" in winning the Class 4 Sectional Meet...finished second in the pole vault at Districts...won two pole vault titles her senior season...placed second in the pole vault her junior season at the Sectional and District Meets...set a new personal best in the 300 meter hurdles at District with a time of 47.26, finishing third...also ran the 100 meter hurdles...was a member of the school's dance team.

Personal: Born 7/13/90...daughter of Brian and Lisa Buchheit...majoring in Mathematics Education...her sister Krista is a student at Southeast.

CAREER BESTS**OUTDOOR**

Pole Vault ————— 10'-11.75" (3.35 m)

INDOOR

Pole Vault ————— 10'-8.00" (3.25 m)

**NIKKI BUCHHEIT****POLE VAULT • SOPHOMORE • FENTON, MO. • ROCKWOOD SUMMIT**



2010 Cross Country: Competed in four meets...recorded a career-best 5K time of 21:23.47 at the Greater Louisville Classic...ran the 5K in 21:28.75 at the OVC Championships...competed in the NCAA Midwest Regional, finishing the 8K in 25:37.95.

2009 Cross Country: Competed in one meet...ran the 4K in 17:30.40 at the Saluki Early Bird Invitational...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

Prep: Three-time MSHSAA Cross Country State Championship qualifier...ran a PR of 20:08.30 in the 5K at Class 4 Sectional 2, placing 9th...three top-10 finishes in the 5K... Ran 1600 and 3200 meters for track team...ran a PR of 12:29.91 in the 3200m at Class 4 District 4, placing 6th... ran a PR of 5:59.40 in the 1600m at Charlie Beck Invitational, placing 8th...two top-three finishes in the 3,200m.

CAREER BESTS

CROSS COUNTRY

8K	25:37.95
5K	21:23.47
4K	17:30.40



CHRISTY HAZEL

DISTANCE • SOPHOMORE • ST. CHARLES, MO. • FRANCIS HOWELL CENTRAL

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2010 Outdoor: Competed in four meets...placed seventh with a career-best long jump of 16'9.25" at the Drake Relays...recorded a career-best triple jump of 31'-10.25" at the OVC Championships.

2010 Indoor: Competed in four meets...placed fourth and set a personal best in the long jump with a distance of 17'-4.75"...recorded a personal best 32'-9.00" in the triple jump at the OVC Championships.

Prep: Finished third in the triple jump at Florida 4A State Meet with a jump of 38'-1.50"...also placed 12th in the long jump at state...All-Conference and All-District selection...regional champion in the long jump and triple jump...named team MVP her senior year...also ran the 200 and 400 meters...played on the basketball team...named basketball team's "Best Defensive Player."

Personal: Born 3/2/91...daughter of Titus and Cora Hodges...majoring in Criminal Justice.

CAREER BESTS

OUTDOOR

Long Jump	16'-9.25" (5.11 m)
Triple Jump	31'-10.25" (9.71 m)

INDOOR

Long Jump	17'-4.75" (5.30 m)
Triple Jump	32'-9.00" (9.98 m)



TYLER HODGES

JUMPS/SPRINTS • SOPHOMORE • HOMESTEAD, FLA. • HOMESTEAD



2010 Outdoor: Competed in five meets...recorded a career-best time of 15.74 in the 100 meter hurdles at the Alabama Relays...placed seventh in the 400 meter hurdles with a career-best time of 1:08.21...recorded a career-best time of 13.23 in the 100 meters at the Rhodes College Open Meet.

2010 Indoor: Ran in seven meets...set a personal best in the 55 meter hurdles with a time of 8.78...ran a personal best 27.61 in the 200 meters at the EIU Mega Meet.

Prep: State qualifier...2nd Team All-Conference...placed second in the 300 meter hurdles at District meet...placed second in both the 300 and 100 meter hurdles at KC Mid 6 Conference Meet...won two 300 meter hurdle titles and two 100 meter hurdle titles her senior season...four-year varsity letterwinner.

Personal: Born 9/20/91...daughter of Shelia Hooks...major is undecided.

CAREER BESTS

OUTDOOR

100 Meters	13.23
100 Meter Hurdles	15.74
400 Meter Hurdles	1:08.21

INDOOR

55 Meters	7.74
55 Meter Hurdles	8.78
200 Meters	27.61
400 Meters	1:03.35



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2010 Outdoor: Competed in six meets as a high jumper and pole vaulter...placed fifth with a career-best height of 11'-5.25" in the pole vault at the OVC Championships...set a career-best in the high jump at 5'-2.25" at the OVC's...placed third in the pole vault at the SIUE Twilight Meet with a height of 10'-6.00"...finished fourth in the high jump at the Memphis Invitational...placed sixth in the high jump at the Joey Haines Invitational...finished seventh in the pole vault at the Alabama Relays.

2010 Indoor: Competed in four meets...recorded fourth place finishes in both the high jump and pole vault at the Redhawk Invitational...set a career-best in the pole vault with a height of 10'-6.00" at the Redhawk Invitational...placed fifth in the pole vault at the EIU Mega Meet...set a personal best in the high jump with a height of 5'-0.25" at the OVC Championships.

Prep: Placed third at the State Championships in the pole vault with a height of 10'-6.00" which set a school record...also holds the school record in the high jump with a leap of 5'-4.00"...recorded five top-three finishes in the pole vault during her senior season...placed second at the District meet and third at the Sectional meet...also competed in the long jump and ran the 5000 meters...member of the cross country team...four-year member of the cheerleading team.

Personal: Born 11/2/90...daughter of Craig and Ann Schnurbusch...majoring in Dietetics.

CAREER BESTS

OUTDOOR

Pole Vault	11'-5.25" (3.49 m)
High Jump	5'-2.25" (1.58 m)

INDOOR

Pole Vault	10'-6.00" (3.20 m)
High Jump	5'-0.25" (1.53 m)



JILL SCHNURBUSH

POLE VAULT/JUMPS • SOPHOMORE • CAPE GIRARDEAU MO. • NOTRE DAME



YEAR IN REVIEW

YEAR IN REVIEW



2011 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S INDOOR PERFORMANCE LIST

EVENT	ATHLETE	MEET (DATE)	EVENT	ATHLETE	MEET (DATE)
60M (6.71 Provisional/6.60 Automatic)			Weight Throw (19.50m Provisional/21.50m Automatic)		
7.06	Jamere Franklin	Hoosier Hills Invite (2/12/10)	20.30m (66-7.25)*P	Brandon Colbert	Redhawk Invitational (2/19/10)
7.09	Ryan Criglar (prelims)	Indiana Relays (11/29/10)	19.33m (63-5.00)	Josh Uchtman	Redhawk Invitational (2/19/10)
7.12	Ryan Criglar (prelims)	EIU Mega Meet (1/23/10)	19.32m (63-4.75)	Brandon Colbert	Hoosier Hills Invite (2/12/10)
7.24	Robert Delaria (prelims)	SASF Invitational (1/16/10)	19.06m (62-6.50)	Brandon Colbert	Alex Wilson Invitational (3/5/10)
7.31	Tyler Terry (prelims)	Saluki Fast Start (12/4/09)	19.04m (62-5.75)	Brandon Colbert	EIU Mega Meet (1/23/10)
60M Hurdles (7.91 Provisional/7.70 Automatic)			Shot Put (17.75m Provisional/19.30m Automatic)		
200m (21.63 Provisional/21.23 Automatic)			18.49m (60-8.00)*P	Josh Uchtman	Hoosier Hills Invite (2/12/10)
22.01	Chris Gill	OVC Championships (2/27/10)	18.10m (59-4.75)*P	Josh Uchtman	Redhawk Invitational (2/19/10)
22.15	Ryan Criglar	Frank Sevigne Husker Invite (2/6/10)	17.80m (58-4.75)*P	Josh Uchtman	SASF Invitational (1/16/10)
22.33	Ryan Criglar	Hoosier Hills Invite (2/12/10)	17.80m (58-4.75)*P	Josh Uchtman	Indiana Relays (11/30/10)
22.47	Ryan Criglar	OVC Championships (2/27/10)	17.60m (57-9.00)	Josh Uchtman	Alex Wilson Invitational (3/6/10)
22.52	Ryan Criglar	Indiana Relays (11/30/10)	17.34m (56-10.75)	Josh Uchtman	EIU Mega Meet (1/23/10)
400m (47.85 Provisional/46.75 Automatic)			Long Jump (7.50m Provisional/7.85m Automatic)		
48.71	Chris Gill	Frank Sevigne Husker Invite (2/6/10)	7.48m (24-6.50)	Tyler Terry	OVC Championships (2/27/10)
49.29	Chris Gill	Hoosier Hills Invite (2/12/10)	7.42m (24-4.25)	Tyler Terry	Redhawk Invitational (2/19/10)
49.43	Chris Gill	OVC Championships (2/27/10)	7.25m (23-9.50)	Ryan Criglar	SASF Invitational (1/16/10)
49.47	Chris Gill	OVC Championships (2/27/10)	7.11m (23-4.00)	Ryan Criglar	EIU Mega Meet (1/23/10)
49.61	Myron Pettigrew	OVC Championships (2/27/10)	7.10m (23-3.50)	Tyler Terry	EIU Mega Meet (1/23/10)
600m (Non-NCAA Event)			Triple Jump (15.45m Provisional/16.15m Automatic)		
1:23.31	Chris Gill	EIU Mega Meet (1/23/10)	14.50m (47-7.00)	Tyler Terry	OVC Championship (2/27/10)
1:25.28	Max Wieser	Redhawk Invitational (2/19/10)	14.25m (46-9.00)	Tyler Terry	Redhawk Invitational (2/19/10)
1:25.78	Robert Delaria	Saluki Fast Start (12/4/09)	14.22m (46-8.00)	Bilal Hameed	Hoosier Hills Invite (2/12/10)
1:27.12	Robert Delaria	Redhawk Invitational (2/19/10)	14.13m (46-4.25)	Bilal Hameed	EIU Mega Meet (1/23/10)
1:27.68	Courtney Ellis	Saluki Fast Start (12/4/09)	14.12m (46-4.00)	Chris Johnson	OVC Championships (2/27/10)
800m (1:54.40 Provisional/1:48.90 Automatic)			High Jump (2.14m Provisional/2.24m Automatic)		
1:57.00	Max Wieser	Indiana Relays (11/30/10)	1.85m (6-0.75)	Ross Miller	Redhawk Invitational (2/19/10)
1:57.28	Chris Loseman	EIU Mega Meet (1/23/10)	1.84m (6-0.50)	Ross Miller	OVC Championships (2/27/10)
1:57.48	Max Weiser	Frank Sevigne Husker Invite (2/6/10)	Pole Vault (5.20m Provisional/5.50m Automatic)		
1:57.50	Max Wieser	OVC Championships (2/27/10)	4.25m (13-11.25)	Jeff Wilfong	Indiana Relays (11/30/10)
1:58.58	Joel Krause	EIU Mega Meet (1/23/10)	4.15m (13-7.50)	Jeff Wilfong	SASF Invitational (1/16/10)
Mile Run (3:14.80 Provisional/3:10.70 Automatic)			4.11m (13-6.00)	Jeff Wilfong	OVC Championships (2/27/10)
4:13.46	Paul Stemmerman	Frank Sevigne Husker Invite (2/6/10)	4.01m (13-1.75)	Jeff Wilfong	EIU Mega Meet (1/23/10)
4:14.16	Paul Stemmerman	OVC Championships (2/27/10)	4.00m (13-1.50)	Jeff Wilfong	Saluki Fast Start (12/4/09)
4:18.26	Paul Stemmerman	EIU Mega Meet (1/23/10)	4x400 Relay (3:10.40 Provisional/3:06.50 Automatic)		
4:20.56	Joel Krause	Frank Sevigne Husker Invite (2/6/10)	3:20.61	Delaria, Pettigrew, Criglar, Gill	OVC Championships (2/27/10)
4:21.02	Joel Krause	OVC Championships (2/27/10)	3:24.92	Criglar, Delaria, Ellis, Terry	Saluki Fast Start (12/4/09)
1000m Run (Non-NCAA Event)			Distance Medley (9:44.70 Provisional/ 9:35.70 Automatic)		
2:35.37	Max Wieser	EIU Mega Meet (1/23/10)	10:37.71	Krause, Martin, Loseman, Wieser	Indiana Relays (11/30/10)
2:43.17	Devon Dudding	EIU Mega Meet (1/23/10)	10:43.58	Krause, Delaria, Wieser, Martin	OVC Championships (2/27/10)
3000m Run (7:57.20 Provisional/8:07.70 Automatic)					
8:31.47	Paul Stemmerman	Indiana Relays (11/30/10)			
8:39.05	Nate Shipley	Indiana Relays (11/30/10)			
8:41.36	Jason Lumpkin	Indiana Relays (11/30/10)			
8:42.50	Nate Shipley	OVC Championships (2/27/10)			
8:43.76	Chris Loseman	OVC Championships (2/27/10)			
5000m Run (14:13.80 Provisional/13:50.80 Automatic)					
14:55.92	Jason Lumpkin	Frank Sevigne Husker Invite (2/6/10)			
15:18.26	Tyler Mullen	Indiana Relays (11/30/10)			
15:18.99	Nate Shipley	Frank Sevigne Husker Invite (2/6/10)			
15:19.47	Chris Loseman	OVC Championships (2/27/10)			
15:21.18	Tyler Mullen	OVC Championships (2/27/10)			

KEY

* = Southeast School Record

P = NCAA Provisional Mark

A = NCAA Automatic Mark

I = NCAA Record

MEN'S INDOOR AWARDS & OVC RESULTS



2009-2010 Indoor Schedule/ Results

<u>Date</u>	<u>Meet</u>	<u>Site/Location</u>	<u>Results</u>
Dec. 4	Saluki Fast Start Invitational	Carbondale, Ill.	NTS
Jan. 15-16	SAFA Invitational	Cardondale, Ill.	NTS
Jan. 23	EIU Mega Meet	Charleston, Ill.	NTS
Jan. 29-30	Indiana Relays	Bloomington, Ind.	NTS
Feb. 5-6	Frank Sevigne Husker Invitational	Lincoln, Neb.	NTS
Feb. 12	Hoosier Hills Invitational	Bloomington, Ind.	NTS
Feb. 19	Redhawks Invitational	Cape Girardeau, Mo.	NTS
Feb. 26-27	Ohio Valley Conference Indoor Championships	Nashville, Tenn.	2nd
Mar. 5-6	Alex Wilson Invitational	South Bend, Ind.	NTS
Mar. 12-13	NCAA Indoor Championships	Fayetteville, Ark.	-----

OVC Championship Results

	<u>School</u>	<u>Points</u>
1.	Eastern Illinois	178
2.	Southeast Missouri State	150.50
3.	Eastern Kentucky	88.50
4.	Tennessee State	71

2010 OVC Indoor Event Champions

Long Jump - Tyler Terry

Shot Put - Josh Uchtman

Triple Jump - Tyler Terry

5000 Meter Run - Jason Lumpkin

Weight Throw - Brandon Colbert*

* OVC Championship Meet Record

2010 OVC Indoor Individual Awards

Athlete of the OVC Championships - Brandon Colbert

Field Athlete of the Year - Josh Uchtman

Co-Freshman of the Year - Tyler Mullen

2010 Indoor All-OVC Performers

Brandon Colbert - WT (1st), Shot (2nd)

Cody Martin - DMR (3rd)

Ryan Criglar - 4X400 (2nd)

Myron Pettigrew - 4X400 (2nd)

Robert Delaria - 4X400 (2nd), DMR (3rd)

Craig Robinson - Shot (3rd)

Chris Gill - 200m (3rd), 4X400 (2nd)

Paul Stemmerman - Mile (3rd)

Chris Johnson - LJ (3rd), TJ (3rd)

Nate Shipley - 3000m (2nd)

Chris Loseman - 3000m (3rd)

Tyler Terry - LJ (1st), TJ (1st)

Jason Lumpkin - 5000m (1st)

Josh Uchtman - Shot (1st), WT (2nd)

Joel Krause - DMR (3rd)

Max Wieser - DMR (3rd)

OVC Indoor Field Athlete of the Week

Josh Uchtman - 1/19/10, 2/2/10 & 2/16/10

Brandon Colbert - 1/26/10

OVC Indoor Track Athlete of the Week

Paul Stemmerman - 1/19/10

Jason Lumpkin - 2/9/10



2011 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S OUTDOOR PERFORMANCE LIST

EVENT		ATHLETE	MEET (DATE)	EVENT		ATHLETE	MEET (DATE)
100M				Hammer Throw			
10.79	Jamere Franklin	Ole Miss Invitational (4/10/10)	59.30m (194-7.00)	Brandon Colbert	Memphis Invitational (4/17/10)		
11.05	Jamere Franklin	OVC Championships (5/1/10)	59.28m (194-6.00)	Brandon Colbert	OVC Championships (5/1/10)		
11.06	Jamere Franklin	Joey Haines Invitational (4/3/10)	59.12m (193-11.00)	Brandon Colbert	Rhodes Open (3/20/10)		
11.14	Jamere Franklin	Alambama Relays (3/28/10)	58.74m (192-8.50)	Brandon Colbert	Joey Haines Invitational (4/2/10)		
11.17	Jamere Franklin	Memphis Invitational (4/17/10)	57.82m (189-8.00)	Brandon Colbert	Billy Hayes Invitational (5/7/10)		
110M Hurdles				Shot Put			
200m				17.29m (56-8.75)	Brandon Colbert	Joey Haines Invitational (4/3/10)	
22.00	Myron Pettigrew	OVC Championships (5/1/10)	17.21m (56-5.75)	Brandon Colbert	Alabama Relays (3/28/10)		
22.05	Myron Pettigrew	Ole Miss Invitational (4/10/10)	17.04m (55-11.00)	Brandon Colbert	OVC Championships (5/1/10)		
22.30	Myron Pettigrew (prelims)	OVC Championships (5/1/10)	17.01m (55-9.75)	Josh Uchtman	Alambama Relays (3/28/10)		
22.41	Robert Delaria	Ole Miss Invitational (4/10/10)	16.84m (55-3.00)	Brandon Colbert	Ole Miss Invitational (4/10/10)		
22.45	Myron Pettigrew	Memphis Invitational (4/17/10)	Discus				
400m				53.34m (175-5.00)	Brandon Colbert	Drake Relays (4/21/10)	
47.22	Chris Gill	Cardinal Twilight Meet (5/15/10)	52.83m (173-4.00)	Brandon Colbert	Memphis Invitational (4/17/10)		
47.38	Chris Gill	Billy Hayes Invitational (5/7/10)	52.64m (172-8.00)	Brandon Colbert	Ole Miss Invitational (4/10/10)		
47.40	Chris Gill (prelims)	NCAA D-I West Regional (5/28/10)	51.80m (169-11.00)	Brandon Colbert	Billy Hayes Invitational (5/7/10)		
47.59	Chris Gill	OVC Championships (5/1/10)	51.38m (168-7.00)	Josh Uchtman	Alabama Relays (3/28/10)		
47.64	Chris Gill	SIU-E Twilight Relays(4/24/10)	Javelin				
400m Hurdles				48.76m (160-0.00)	Joel Krause	Rhodes Open (3/20/10)	
800m				43.87m (143-11.25)	Joel Krause	Ole Miss Invitational (4/10/10)	
1:55.80	Max Wieser	OVC Championships (5/1/10)	43.80m (143-8.50)	Joel Krause	Joey Haines Invitational (4/3/10)		
1:56.02	Max Wieser	Alabama Relays (3/25/10)	39.30m (128-11.00)	Joel Krause	Memphis Invitational (4/17/10)		
1:57.04	Max Wieser	Joey Haines Invitational (4/3/10)	33.01m (108-4.00)	Joel Krause	Alabama Relays (3/28/10)		
1:57.20	Joel Krause	Ole Miss Invitational (4/10/10)	Long Jump				
1:58.44	Max Wieser	Ole Miss Invitational (4/10/10)	7.35m (24-1.50)	Tyler Terry	Alabama Relays (3/28/10)		
1500m				7.31m (23-11.75)	Tyler Terry	OVC Championships (5/1/10)	
3:58.40	Chris Loseman	SIU-E Twilight Relays (4/24/10)	7.26m (23-10.00)	Tyler Terry	Billy Hayes Invitational (5/7/10)		
4:00.21	Chris Loseman	Alambama Relays (3/28/10)	7.23m (23-8.75)	Tyler Terry	Joey Haines Invitational (4/3/10)		
4:00.68	Alex Zisser	Ole Miss Invitational (4/10/10)	7.20m (23-7.50)	Tyler Terry	Ole Miss Invitational (4/10/10)		
4:00.78	Chris Loseman	OVC Championships (5/1/10)	Triple Jump				
4:00.82	Alex Zisser	OVC Championships (5/1/10)	14.49m (47-6.50)	Tyler Terry	Ole Miss Invitational (4/10/10)		
3000m Steeplechase				14.22m (46-8.00)	Tyler Terry	OVC Championships (5/1/10)	
9:51.52	Chris Loseman	OVC Championships (5/1/10)	14.22m (46-8.00)	Chris Johnson	Memphis Invitational (4/17/10)		
10:04.17	Joel Kruase	OVC Championships (5/1/10)	14.19m (46-6.75)	Chris Johnson	Joey Haines Invitational (4/3/10)		
10:12.80	Brandon Funderburk	OVC Championships (5/1/10)	14.15m (46-5.25)	Tyler Terry	Memphis Invitational (4/17/10)		
10:18.86	Brandon Funderburk	SIU-E Twilight Relays (4/24/10)	High Jump				
5000m Run				1.90m (6-2.75)	Ross Miller	Ole Miss Invitational (4/10/10)	
15:02.68	Jason Lumpkin	Alambama Relays (3/28/10)	1.85m (6-0.75)	Ross Miller	Rhodes Open (3/20/10)		
15:17.98	Chris Loseman	Ole Miss Invitational (4/10/10)	1.83m (6-0.00)	Ross Miller	Joey Haines Invitational (4/3/10)		
15:19.31	Jason Lumpkin	OVC Championships (5/1/10)	1.83m (6-0.00)	Ross Miller	OVC Championships (5/1/10)		
15:23.02	Jason Lumpkin	Joey Haines Invitational (4/3/10)	Pole Vault				
15:39.80	Cody Martin	Ole Miss Invitational (4/10/10)	4.57m (15-0.00)	Jeff Wilfong	OVC Championships (5/1/10)		
10,000m Run				4.40m (14-5.25)	Jeff Wilfong	Ole Miss Invitational (4/10/10)	
30:59.75	Jason Lumpkin	Sea Ray Relays (4/7/10)	4.26m (14-0.00)	Jeff Wilfong	Joey Haines Invitational (4/3/10)		
31:46.03	Jason Lumpkin	OVC Championships (5/1/10)	4.20m (13-9.25)	Jeff Wilfong	Memphis Invitational (4/17/10)		
31:56.95	Tyler Mullen	Sea Ray Relays (4/7/10)	KEY * = Southeast School Record ! = NCAA Record				
33:40.16	Tyer Mullen	OVC Championships (5/1/10)					
34:36.54	Cody Martin	OVC Championships (5/1/10)					
4x100 Relay							
41.51	Criglar, Franklin, Delaria, Terry	Memphis Invitational (4/17/10)					
41.60	Criglar, Terry, Delaria, Franklin	Joey Haines Invitational (4/2/10)					
4x400 Relay							
3:25.96	Ellis, Criglar, Wieser, Gill	Joey Haines Invitational (4/2/10)					
3:27.44	Pettigrew, Criglar, Delaria, Gill	OVC Championships (5/1/10)					

MEN'S OUTDOOR AWARDS & OVC RESULTS



2010 Outdoor Schedule/ Results

<u>Date</u>	<u>Meet</u>	<u>Site/Location</u>	<u>Results</u>
March 20	Rhodes Invitational	Memphis, Tenn.	NTS
March 26-28	Alabama Relays	Tuscaloosa, Ala.	NTS
April 2-3	Joey Haines Invitational	Cape Girardeau, Mo.	M-3/W-2
April 10	Ole Miss Invitational	Oxford, Miss.	NTS
April 17	Memphis Invitational	Memphis, Tenn.	NTS
April 23-24	Drake Relays	Des Moines, Iowa	NTS
April 24	SIUE Twilight	Edwardsville, Ill.	TBA
April 30-May 1	Ohio Valley Conference Outdoor Championships	Cookeville, Tenn.	M-2/W-2
May 7	Billy Hayes Invitational	Bloomington, Ind.	NTS
May 14-15	Georgia Tech Invitational	Atlanta, Ga.	NTS
May 28-29	NCAA West Regional Championships	Austin, Texas	-----

OVC Championship Results

	<u>School</u>	<u>Points</u>
1.	Eastern Illinois	261
2.	Southeast Missouri State	128
3.	Eastern Kentucky	106
4.	Tennessee State	61
5.	Morehead State	22

2010 OVC Outdoor Event Champions

Long Jump - Tyler Terry

Shot Put - Brandon Colbert

Triple Jump - Tyler Terry

Hammer Throw - Brandon Colbert

2010 OVC Outdoor Individual Awards

Field Athlete of the Year - Brandon Colbert

Track Athlete of the Year - Chris Gill

2010 Outdoor All-OVC Performers

Brandon Colbert - Shot (1st), Hammer (1st), Discus (2nd)

Jason Lumpkin - 10,000m (2nd)

Ryan Criglar - 4X400 (2nd), LJ (3rd)

Myron Pettigrew - 4X400 (2nd), 200m (3rd)

Craig Robinson - Shot (2nd), Hammer (3rd)

Tyler Terry - LJ (1st), TJ (1st)

Chris Gill - 4X400 (2nd)

Max Wieser - 4X400 (2nd)

Chris Loseman - 3,000m Steeple (3rd)

Jeff Wilfong - Pole Vault (3rd)

OVC Outdoor Field Athlete of the Week

Brandon Colbert - 3/23/10, 4/6/10, 4/13/10, 4/27/10

Tyler Terry - 3/30/10

OVC Outdoor Track Athlete of the Week

Chris Gill - 4/20/10, 4/27/10



2011 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S INDOOR PERFORMANCE LIST

EVENT	ATHLETE	MEET (DATE)	EVENT	ATHLETE	MEET (DATE)
60M (7.44 Provisional/7.26 Automatic)			Weight Throw (18.75 Provisional/21.00 Automatic)		
7.75	Rachel Kahle	Saluki Fast Start (12/4/09)	18.36m (60-3.00)	Ashley Brewer	OVC Championships (2/27/10)
7.75	Rachel Kahle	Hoosier Hills Invite (2/12/10)	18.19m (59-8.25)	Ashley Brewer	Redhawk Invitational (2/19/10)
7.77	Rachel Kahle	EIU Mega Meet (1/23/10)	17.42m (57-2.00)	Ashley Brewer	Indiana Relays (1/29-30/10)
7.82	Rachel Kahle (prelims)	EIU Mega Meet (1/23/10)	17.38m (57-0.25)	Ashley Brewer	Hoosier Hills Invite (Feb 12)
7.83	Rachel Kahle (prelims)	Saluki Fast Start (12/4/09)	17.06m (55-11.75)	Brianna Egbuka	Redhawk Invitational (2/19/10)
60M Hurdles (8.14 Provisional/8.43 Automatic)			Shot Put (15.20 Provisional/16.90 Automatic)		
9.40	Unique Hooks (prelims)	Saluki Fast Start (12/4/09)	15.05m (49-4.50)	Ashely Brewer	Redhawk Invitational (2/19/10)
9.51	Unique Hooks	Hoosier Hills Invite (2/12/10)	15.01m (49-3.00)	Ashley Brewer	Alex Wilson Invitational (3/6)
9.55	Unique Hooks	Saluki Fast Start (12/4/09)	14.92m (48-11.50)	Ashley Brewer	OVC Championships (2/27/10)
9.66	Unique Hooks	EIU Mega Meet (1/23/10)	14.37m (47-1.75)	Ashley Brewer	Hoosier Hills Invite (2/12/10)
9.69	Unique Hooks (prelims)	EIU Mega Meet (1/23/10)	14.36m (47-1.50)	Ashley Brewer	Frank Sevigne Husker Invite (2/6/10)
200m (24.60 Provisional/23.90 Automatic)			Long Jump (6.38 Provisional/6.13 Automatic)		
25.06	Jerika Lewis	SASF Invitational (1/16/10)	5.57m (18-3.25)	Rachel Kahle	OVC Championships (2/27/10)
25.07	Jerika Lewis	OVC Championships (2/27/10)	5.56m (18-3.00)	Rachel Kahle	Redhawk Invitational (2/19/10)
25.13	Rachel Kahle	OVC Championships (2/27/10)	5.30m (17-4.75)	Tyler Hodges	Redhawk Invitational (2/19/10)
25.14	Jerika Lewis	Hoosier Hills Invite (2/12/10)	5.28m (17-4.00)	Shemeika Brewer	EIU Mega Meet (1/23/10)
25.33	Rachel Kahle	Hoosier Hills Invite (2/12/10)	5.22m (17-1.50)	Shemeika Brewer	SASF Invitational (1/16/10)
400m (55.20 Provisional/53.20 Automatic)			Triple Jump (12.65 Provisional/13.30 Automatic)		
55.83	Jerika Lewis	OVC Championships (2/27/10)	11.72m (38-5.50)	Shemeika Brewer	EIU Mega Meet (1/23/10)
56.33	Jerika Lewis	Hoosier Hills Invite (2/12/10)	11.59m (38-0.25)	Shemeika Brewer	SASF Invitational (1/16/10)
56.41	Jerika Lewis	Alex Wilson Invitational (3/6/10)	11.25m (36-11.00)	Shemeika Brewer	Indiana Relays (1/30/10)
57.04	Jerika Lewis	Indiana Relays (1/30/10)	9.98m (32-9.00)	Tyler Hodges	OVC Championships (2/27/10)
57.69	Jerika Lewis	Frank Sevigne Husker Invite (2/6/10)	High Jump (2.14 Provisional/2.24 Automatic)		
600m (Non NCAA Event)			1.60m (5-3.00)	Cara Harbstreet	Redhawk Invitational (2/19/10)
1:41.13	Jerica Hamm	Saluki Fast Start (12/4/09)	1.58m (5-2.25)	Cara Harbstreet	SASF Invitational (1/16/10)
1:41.34	Jerika Lewis	Redhawk Invitational (2/19/10)	1.55m (5-1.00)	Cara Harbstreet	Hoosier Hills Invite (Feb 12)
1:44.07	Sharoyah Davis	Indiana Relays (1/30/10)	1.53m (5-0.25)	Cara Harbstreet	OVC Championships (2/27/10)
1:44.31	Tiffany Mead	Redhawk Invitational (2/19/10)	1.53m (5-0.25)	Jill Schnurbusch	OVC Championships (2/27/10)
1:48.80	Jerica Hamm	Redhawk Invitational (2/19/10)	Pole Vault (4.00 Provisional/4.25 Automatic)		
800m (2:10.00 Provisional/2:06.00 Automatic)			3.51m (11-6.25)	Audrey Harwood	Redhawk Invitational (2/19/10)
2:23.43	Kelley Good	Hoosier Hills Invite (2/12/10)	3.50m (11-6.00)	Audrey Harwood	OVC Championships (2/27/10)
2:24.04	Tiffany Mead	OVC Championships (2/27/10)	3.40m (11-1.75)	Audrey Harwood	Saluki Fast Start (12/4/09)
2:24.18	Lanie Haertling	Hoosier Hills Invite (2/12/10)	3.35m (10-11.75)	Audrey Harwood	EIU Mega Meet (1/23/10)
2:26.01	Kelley Good	Indiana Relays (1/30/10)	3.35m (10-11.75)	Audrey Harwood	Indiana Relays (1/30/10)
2:27.55	Sharoyah Davis	Saluki Fast Start (12/4/09)	4x400 Relay (3:30.00 Provisional/3:40.00 Automatic)		
Mile Run (4:48.90 Provisional/4:38.90 Automatic)			3:54.21	Kahle, Lewis, Good, Hamm	OVC Championships (2/27/10)
5:16.60	Szandra Pal	Hoosier Hills Invite (2/12/10)	4:00.24	Kahle, Hamm, Lewis, Mead	Indiana Relays (1/30/10)
5:22.05	Szandra Pal	EIU Mega Meet (1/23/10)	4:06.80	Lewis, Hooks, Brewer, Hamm	Saluki Fast Start (12/4/09)
5:24.13	Monica Noble	Hoosier Hills Invite (2/12/10)	Distance Medley (9:47.40 Provisional/9:35.70 Automatic)		
5:25.17	Szandra Pal	SASF Invitational (1/16/10)	12:41.47	Owens, Mead, Haertling, Noble	OVC Championships (2/27/10)
5:27.70	Kasey Owens	Hoosier Hills Invite (2/12/10)	12:51.00	Owens, Good, Pal, Mead	Indiana Relays (1/30/10)
1000m (Non NCAA Event)			3000m (9:35.00 Provisional/9:16.00 Automatic)		
3:16.20	Kelley Good	EIU Mega Meet (1/23/10)	10:29.56	Szandra Pal	Indiana Relays (1/30/10)
3:16.93	Lanie Haertling	EIU Mega Meet (1/23/10)	10:30.62	Szandra Pal	OVC Championships (2/27/10)
3:19.74	Kelly Good	Frank Sevigne Husker Invite (2/6/10)	10:44.87	Szandra Pal	SASF Invitational (1/16/10)
5000m Run (16:12.50 Provisional/16:49.50 Automatic)			10:58.22	Monica Noble	Frank Sevigne Husker Invite (2/6/10)
18:26.02	Szandra Pal	OVC Championships (2/27/10)	11:04.66	Monica Noble	EIU Mega Meet (1/23/10)
18:40.38	Szandra Pal	Frank Sevigne Husker Invite (2/6/10)	5000m Run (16:12.50 Provisional/16:49.50 Automatic)		
19:05.44	Monica Noble	Indiana Relays (1/30/10)	18:26.02	Szandra Pal	OVC Championships (2/27/10)
19:44.02	Linnea Woldtvedt	OVC Championships (2/27/10)	18:40.38	Szandra Pal	Frank Sevigne Husker Invite (2/6/10)
20:20.53	Linnea Woldtvedt	Indiana Relays (1/30/10)	19:05.44	Monica Noble	Indiana Relays (1/30/10)

KEY

* = Southeast School Record
P = NCAA Provisional Mark
A = NCAA Automatic Mark
! = NCAA Record

WOMEN'S INDOOR AWARDS & OVC RESULTS



2009-2010 Indoor Schedule/ Results

<u>Date</u>	<u>Meet</u>	<u>Site/Location</u>	<u>Results</u>
Dec. 4	Saluki Fast Start Invitational	Carbondale, Ill.	NTS
Jan. 15-16	SAFA Invitational	Cardondale, Ill.	NTS
Jan. 23	EIU Mega Meet	Charleston, Ill.	NTS
Jan. 29-30	Indiana Relays	Bloomington, Ind.	NTS
Feb. 5-6	Frank Sevigne Husker Invitational	Lincoln, Neb.	NTS
Feb. 12	Hoosier Hills Invitational	Bloomington, Ind.	NTS
Feb. 19	Redhawks Invitational	Cape Girardeau, Mo.	NTS
Feb. 26-27	Ohio Valley Conference Indoor Championships	Nashville, Tenn.	2nd
Mar. 5-6	Alex Wilson Invitational	South Bend, Ind.	NTS
Mar. 12-13	NCAA Indoor Championships	Fayetteville, Ark.	-----

OVC Championship Results

	<u>School</u>	<u>Points</u>
1.	Eastern Illinois	142
2.	Eastern Kentucky	128
3.	Southeast Missouri	93
4.	Austin Peay	72
5.	Murray State	57
6.	Jacksonville State	54
7.	Tennessee State	42
8.	Tennessee Tech	36

2010 OVC Indoor Event Champions

400 Meter - Jerika Lewis

2010 OVC Indoor Individual Awards

None

2010 Indoor All-OVC Performers

Ashley Brewer - WT (2nd), Shot (2nd)

Brianna Egbuka - WT (3rd), Shot (3rd)

Kelley Good - 4X400 (2nd)

Jerica Hamm - 4X400 (2nd)

Rachel Kahle - 4X400 (2nd), 55m (3rd),

Jerika Lewis - 400m (1st), 4X400 (2nd), 200m (3rd)

Szandra Pal - 3000m (3rd), 5000m (3rd)

OVC Indoor Field Athlete of the Week

Brianna Egbuka - 1/26/10

Ashley Brewer - 2/9/10

OVC Indoor Track Athlete of the Week

None



2011 SOUTHEAST MISSOURI TRACK & FIELD

WOMEN'S OUTDOOR PERFORMANCE LIST

EVENT	ATHLETE	MEET (DATE)	EVENT	ATHLETE	MEET (DATE)
100m			Hammer Throw		
12.02	Rachel Kahle	Alabama Relays (3/25/10)	51.18m (167-11.00)	Brianna Egbuka	OVC Championships (4/30/10)
12.05	Rachel Kahle	Joey Haines Invitational (4/2/10)	49.30m (161-9.00)	Brianna Egbuka	OVC Championships (4/30/10)
12.08	Rachel Kahle	Georgia Tech Invitational (5/14/10)	49.00m (160-9.00)	Brianna Egbuka	Rhodes Open (3/20/10)
12.10	Rachel Kahle	OVC Championships (4/30/10)	48.28m (158-5.00)	Brianna Egbuka	OVC Championships (4/30/10)
12.13	Rachel Kahle	Memphis Invitational (4/17/10)	48.25m (158-4.00)	Brianna Egbuka	OVC Championships (4/30/10)
200m			Shot Put		
24.00	Rachel Kahle	Memphis Invitational (4/17/10)	14.71m (48-3.25)	Ashley Brewer	Alabama Relays (3/25/10)
24.44	Rachel Kahle	Georgia Tech Invitational (5/14/10)	14.53m (47-8.00)	Ashley Brewer	Rhodes Open (3/20/10)
24.70	Jerika Lewis	Memphis Invitational (4/17/10)	14.46m (47-5.25)	Ashley Brewer	Joey Haines Invite (4/2/10)
24.81	Jerika Lewis	Rhodes Open (3/20/10)	14.19m (46-6.75)	Brianna Egbuka	Georgia Tech Invite (5/14/10)
24.84	Jerika Lewis	Georgia Tech Invitational (5/14/10)	14.17m (46-6.00)	Ashley Brewer	Memphis Invitational (4/17/10)
400m			Javelin		
55.83	Jerika Lewis	Georgia Tech Invitational (5/14/10)	49.44m (162-2.00)	Sam Espiricueta	Indiana Invite (5/7/10)
55.83	Jerika Lewis	OVC Championships (4/30/10)	47.48m (155-9.00)	Sam Espiricueta	Rhodes Open (3/20/10)
55.97	Jerika Lewis	OVC Championships (4/30/10)	47.29m (155-2.00)	Sam Espiricueta	Indiana Invite (5/7/10)
56.49	Jerika Lewis	Indiana University Invitational (5/7/10)	46.84m (153-8.00)	Sam Espiricueta	Rhodes Open (3/20/10)
56.56	Jerika Lewis	Memphis Invitational (4/17/10)	46.28m (151-10.00)	Sam Espiricueta	OVC Champ (4/30/10)
800m			Discus Throw		
2:20.03	Tiffany Mead	Ole Miss Invitational (4/10/10)	49.76m (163-3.00)	Ashley Brewer	OVC Championships (4/30/10)
2:20.22	Tiffany Mead	Joey Haines Invitational (4/2/10)	48.51m (159-2.00)	Ashley Brewer	Memphis Invitational (4/17/10)
2:23.19	Tiffany Mead	Alabama Relays (3/25/10)	48.02m (157-6.00)	Ashley Brewer	OVC Championships (4/30/10)
2:23.38	Kelley Good	Ole Miss Invitational (4/10/10)	47.25m (155-0.00)	Ashley Brewer	Rhodes Open (3/20/10)
2:24.98	Tiffany Mead	OVC Championships (4/30/10)	46.25m (151-9.00)	Ashley Brewer	OVC Championships (4/30/10)
1,500m			Long Jump		
4:47.23	Juli Koenegstein	Joey Haines Invitational (4/2/10)	5.76m (18-10.75)	Rachel Kahle	OVC Championships (4/30/10)
4:56.72	Kasey Owens	OVC Championships (4/30/10)	5.69m (18-8.00)	Rachel Kahle	OVC Championships (4/30/10)
4:59.07	Linnea Woldtvedt	Joey Haines Invitational (4/2/10)	5.66m (18-7.00)	Rachel Kahle	Memphis Invitational (4/17/10)
4:69.64	Kasey Owens	Ole Miss Invitational (4/10/10)	5.57m (18-3.25)	Rachel Kahle	OVC Championships (4/30/10)
5:01.51	Monica Noble	SIUE Twilight (4/24/10)	5.32m (17-5.50)	Mary Pearson	OVC Championships (4/30/10)
3,000m			Triple Jump		
10:53.40	Szandra Pal	Memphis Invitational (4/17/10)	9.71m (31-10.25)	Tyler Hodges	OVC Championships (4/30/10)
			9.41m (30-10.50)	Tyler Hodges	OVC Championships (4/30/10)
5,000m			High Jump		
17:40.33	Juli Koenegstein	Alabama Relays (3/25/10)	1.58m (5-5.25)	Cara Harbstreet	OVC Championships (4/30/10)
17:53.18	Juli Koenegstein	OVC Championships (4/30/10)	1.58m (5-5.25)	Jill Schnurbusch	OVC Championships (4/30/10)
18:30.76	Szandra Pal	OVC Championships (4/30/10)	1.57m (5-1.75)	Cara Harbstreet	Joey Haines Invite (4/2/10)
18:35.95	Monica Noble	OVC Championships (4/30/10)	1.57m (5-1.75)	Jill Schnurbusch	Joey Haines Invite (4/2/10)
18:52.44	Szandra Pal	Alabama Relays (3/25/10)	1.53m (5-0.25)	Cara Harbstreet	OVC Championships (4/30/10)
10,000m			Pole Vault		
39:28.11	Szandra Pal	OVC Championships (4/30/10)	3.63m (11-11)	Audrey Harwood	Memphis Invitational (4/17/10)
100m Hurdles			3.49m (11-5.25)	Audrey Harwood	OVC Championships (4/30/10)
15.74	Unique Hooks	Alabama Relays (3/25/10)	3.49m (11-5.25)	Jill Schnurbusch	OVC Championships (4/30/10)
15.80	Travon Beard	Memphis Invitational (4/17/10)	3.35m (11-0.00)	Audrey Harwood	Joey Haines Invite (4/2/10)
16.02	Unique Hooks	SIUE Twilight (4/24/10)	3.35m (10-11.75)	Nikki Buchheit	SIUE Twilight (4/24/10)
16.02	Unique Hooks	SIUE Twilight (4/24/10)			
16.18	Unique Hooks	Memphis Invitational (4/17/10)			
400m Hurdles			4x100 Relay		
1:04.98	Travon Beard	OVC Championships (4/30/10)	48.19	Hooks, Lewis, Hamm, Kahle	OVC Championships (4/30/10)
1:08.21	Unique Hooks	Memphis Invitational (4/17/10)	49.13	Brewer, Lewis, Hamm, Kahle	Joey Haines Invite (4/2/10)
1:08.74	Travon Beard	Joey Haines Invitational (4/2/10)			
1:08.89	Travon Beard	Ole Miss Invitational (4/10/10)			
1:09.73	Unique Hooks	OVC Championships (4/30/10)			
3,000m Steeplechase			4x400 Relay		
10:41.21	Juli Koenegstein	OVC Championships (4/30/10)	3:48.80	Mead, Lewis, Good, Kahle	Ole Miss Invitational (4/10/10)
10:48.93	Juli Koenegstein	Memphis Invitational (4/17/10)	3:50.20	Mead, Lewis, Good, Kahle	Drake Relays (4/21/10)
10:53.69	Juli Koenegstein	Joey Haines Invitational (4/02/10)	3:50.60	Mead, Lewis, Good, Kahle	Memphis Invitational (4/17/10)
10:56.41	Juli Koenegstein	Ole Miss Invitational (4/10/10)	3:51.85	Mead, Lewis, Good, Kahle	OVC Championship (4/30/10)
11:47.15	Monica Noble	OVC Championships (4/30/10)	3:59.17	Mead, Lewis, Good, Kahle	Alabama Relays (3/25/10)

WOMEN'S OUTDOOR AWARDS & OVC RESULTS



2010 Outdoor Schedule/ Results

<u>Date</u>	<u>Meet</u>	<u>Site/Location</u>	<u>Results</u>
March 20	Rhodes Invitational	Memphis, Tenn.	NTS
March 26-28	Alabama Relays	Tuscaloosa, Ala.	NTS
April 2-3	Joey Haines Invitational	Cape Girardeau, Mo.	M-3/W-2
April 10	Ole Miss Invitational	Oxford, Miss.	NTS
April 17	Memphis Invitational	Memphis, Tenn.	NTS
April 23-24	Drake Relays	Des Moines, Iowa	NTS
April 24	SIUE Twilight	Edwardsville, Ill.	TBA
April 30-May 1	Ohio Valley Conference Outdoor Championships	Cookeville, Tenn.	M-2/W-2
May 7	Billy Hayes Invitational	Bloomington, Ind.	NTS
May 14-15	Georgia Tech Invitational	Atlanta, Ga.	NTS
May 28-29	NCAA West Regional Championships	Austin, Texas	-----

OVC Outdoor Championship Results

	<u>School</u>	<u>Points</u>
1.	Eastern Illinois	212
2.	Southeast Missouri	155.5
3.	Eastern Kentucky	131
4.	Jacksonville State	73.5
5.	Tennessee Tech	67
6.	Austin Peay	66.5
7.	Tennessee State	42.5
8.	Murray State	30
9.	Morehead State	1

2010 OVC Outdoor Event Champions

Hammer - Brianna Egbuka

Javelin - Samantha Espiricueta

3,000 Meter Steeplechase - Julie Koenegstein

2010 OVC Outdoor Individual Awards

Co-Freshman of the Year - Jerika Lewis

2010 Outdoor All-OVC Performers

Ashley Brewer - Discus (2nd), Hammer (2nd), Shot (3rd)

Brianna Egbuka - Hammer (1st), Shot (3rd)

Samantha Espiricueta - Javelin (1st), Discus (3rd), Hammer (3rd)

Kelley Good - 4X400 (2nd)

Tiffany Mead - 4X400 (2nd)

Rachel Kahle - 4X400 (2nd), 200m (3rd), LJ (3rd)

Juli Koenegstein - 3,000m Steeple (1st), 5,000m (3rd)

Jerika Lewis - 4X400 (2nd), 400m (3rd)

Audrey Harwood - Pole Vault (3rd)

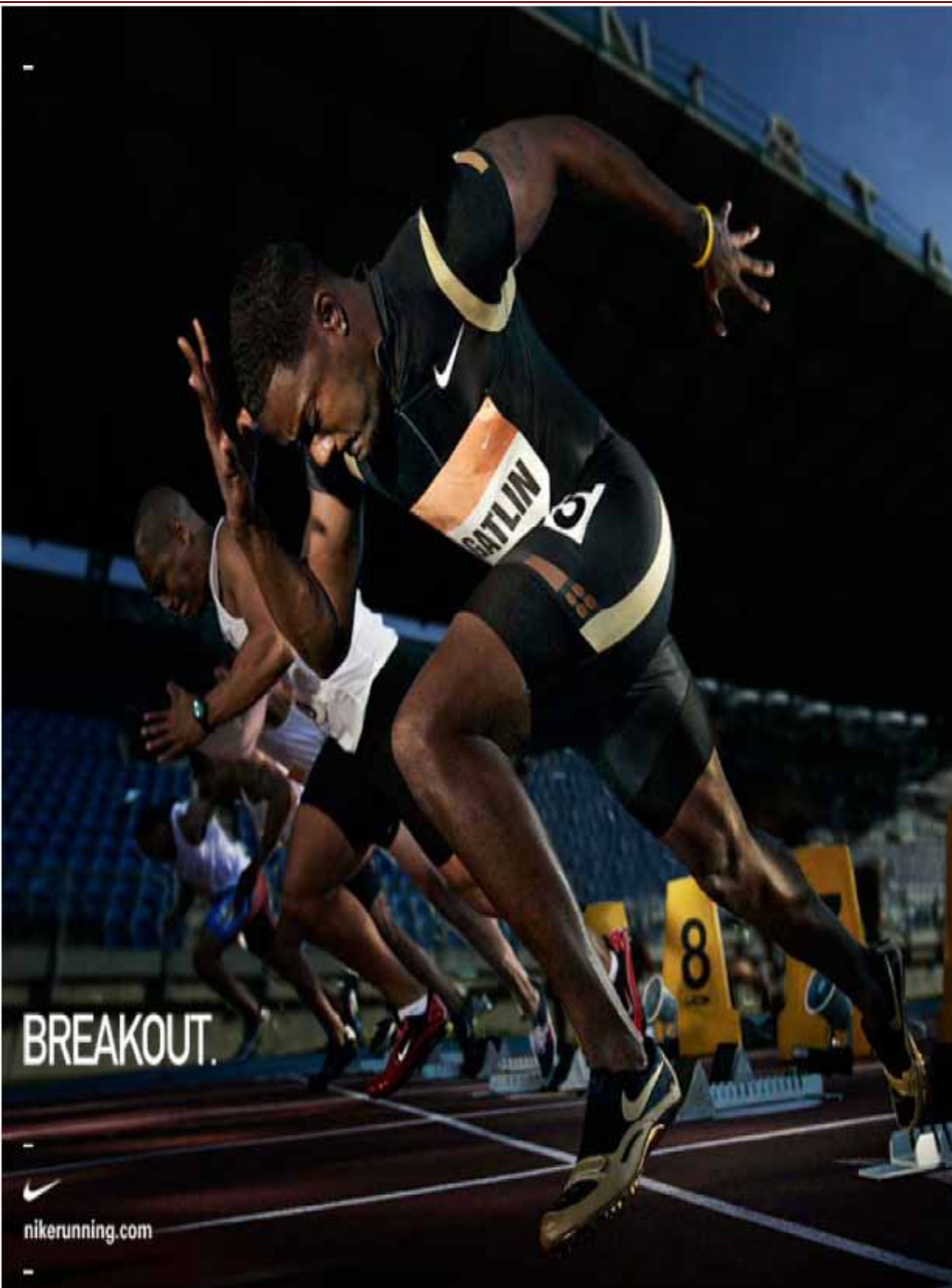
Chloe Tubbs - Javelin (3rd)

OVC Outdoor Field Athlete of the Week

Samantha Espiricueta - 3/23/10

OVC Outdoor Track Athlete of the Week

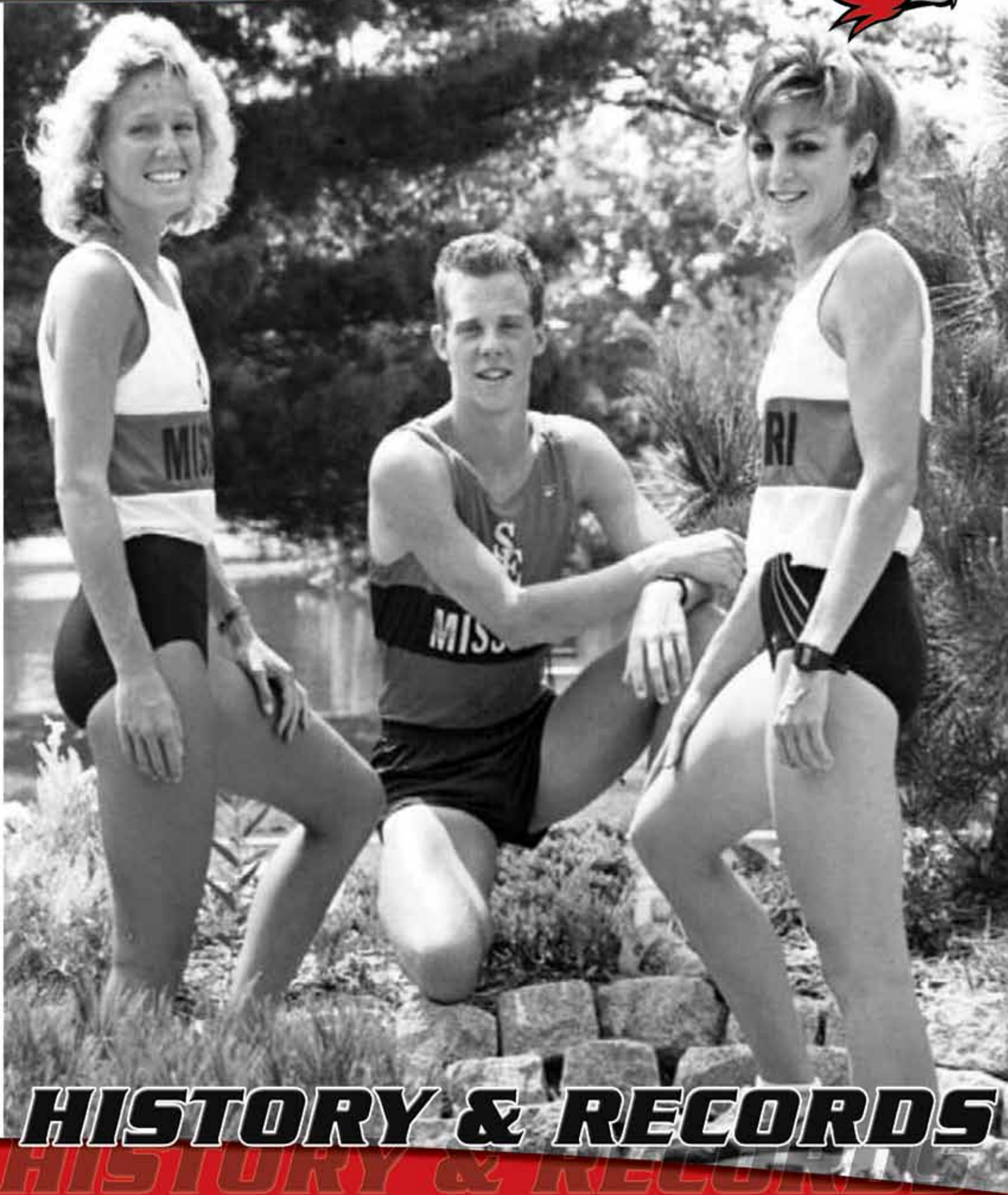
Juli Koenegstein - 3/23/10, 4/27/10



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HISTORY & RECORDS



2011 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S ALL-TIME TOP-TEN PERFORMANCE LIST

100 Meter

1.	Dana Gardner	10.24	1986
2.	David Jackson	10.28	1985
3.	Tim Williams	10.30	1987
4.	Rich Wilson	10.34	1977
5.	Lee Brock	10.37	1982
6.	Rick Reynolds	10.41	1982
7.	Mike Dwyer	10.43	1984
8.	Rob Thomas	10.44	1984
	Dereck Robinson	10.44	1986
	Rick Stovall	10.44	1988

200 Meter

1.	Tim Williams	20.40	1987
2.	Dana Gardner	20.48	1986
3.	David Jackson	20.89	1985
4.	Terrance Branch	20.94	1994
5.	Miles Smith	20.99	2005
6.	Richard Williams	21.14	1977
	Mike Dwyer	21.14	1984
8.	Rich Wilson	21.24	1976
9.	Derrick Brown	21.31	2001
10.	Derek Robinson	21.35	1986

400 Meter

1.	Miles Smith	45.16	2005
2.	Terrance Branch	45.52	1994
3.	Rob Thomas	45.95	1984
4.	Terry Harrison	46.95	1990
5.	Walter Washington	47.22	2006
6.	Shaun Jackson	47.23	1986
7.	Jason Campbell	47.32	2002
8.	Myron Pettigrew	47.86	2009
9.	Markeith Crawford	47.98	1995
10.	Tim Williams	47.99	1987

800 Meter

1.	Carl Bell	1:48.85	1984
2.	Glen Lomenick	1:49.51	1996
3.	Donnie Phillips	1:49.80	1992
4.	Ted McMillan	1:50.69	1990
5.	Shaun Carlie	1:50.77	1986
6.	Ken Franklin	1:51.10	1985
7.	Norm Kellar	1:51.30	1985
8.	Tyson Brown	1:51.39	2001
9.	Chaz Brown	1:51.45	2005
10.	Brian Radle	1:51.54	1986

1500 Meter

1.	Brian Radle	3:41.82	1989
2.	Norm Kellar	3:44.58	1985
3.	Joe Lackner	3:44.73	1984
4.	Pedro Caceres	3:47.08	1986
5.	John Daly	3:49.00	1989
6.	Pat Ratcliff	3:49.59	1982
7.	Mike Byrne	3:50.11	1984
8.	Edgar White	3:50.80	1976
9.	Art Waddle	3:51.59	1987
10.	Joe Dandridge	3:52.10	1993

3000 Meter Steeplechase

1.	Mike Vanatta	8:31.14	1984
2.	Pedro Caceres	8:46.57	1986
3.	Brian Radle	8:48.91	1988
4.	Ken Hoffmann	9:00.72	1982
5.	Kevin McNab	9:03.05	2006
6.	Ken White	9:07.13	1983
7.	Chad Sierman	9:08.70	2003
8.	Paul Skie	9:08.99	1986
9.	John Daly	9:12.44	1989
10.	Mike Hillyard	9:20.29	1990

5000 Meter

1.	Brian Radle	14:01.64	1989
2.	Jimmy Hearld	14:02.32	1991
3.	Mike Vanatta	14:08.90	1984
4.	John Daly	14:14.50	1990
5.	Pedro Caceres	14:16.20	1987
6.	Art Waddle	14:20.10	1987
7.	Steve Sawyer	14:22.70	1990
8.	Mike Hillyard	14:31.10	1990
9.	Steve Harmon	14:32.90	1977
10.	Joe Leutchmann	14:35.80	1984

10,000 Meter

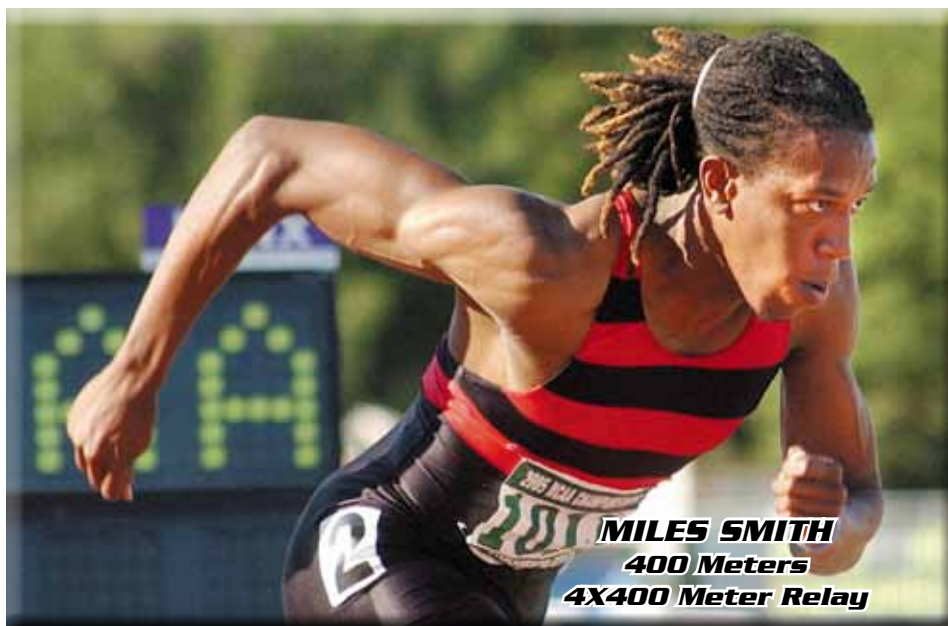
1.	Art Waddle	29:17.40	1986
2.	Joe Leutchmann	29:51.50	1985
3.	Jimmy Hearld	29:53.70	1990
4.	Brandon Karcher	30:14.75	2007
5.	Steve Sawyer	30:32.37	1990
6.	John Pendergraft	30:43.00	1986
7.	Ron Ayers	30:50.30	1981
	Ken Hoffmann	30:50.30	1982
9.	Jay Townsend	30:57.90	1986
10.	Jim Woolridge	30:59.64	1987

110 Meter Hurdles

1.	Andrew Presberry	13.84	1981
2.	Ken McNair	13.92	1984
3.	Elmo Thorton	14.06	1979
4.	Deric Haynes	14.10	1987
5.	Glenn Haley	14.15	2002
6.	Virgil Lucas	14.17	1991
7.	Darrel Hilderbaumer	14.19	1977
8.	Leonard Scott	14.25	1982
9.	David Herman	14.36	2002
10.	Pete O'Neal	14.39	1989

400 Meter Hurdles

1.	Alonzo Nelson	50.77	2005
2.	Andrew Presberry	51.35	1981
3.	Markeith Crawford	51.69	1995
4.	Ken Brown	52.11	1983
5.	Glenn Haley	52.16	1998
6.	Darrel Hilderbaumer	52.34	1976
7.	Art Miller	52.64	1969
8.	Deric Haynes	52.68	1987
	Ted McMillan	52.68	1988
10.	Clark Willie	52.94	1971



MILES SMITH
400 Meters
4X400 Meter Relay

MEN'S ALL-TIME TOP-TEN PERFORMANCE LIST



Shot Put

1.	Josh Uchtman	60'-8.00"	2010
2.	Jay Heddell	59'-7.77"	2003
3.	Rick Wadlington	59'-0.50"	1971
4.	Brandon Colbert	58'-4.50"	2008
5.	Brian Knippen	58'-2.50"	2005
6.	Terry Coff	56'-8.00"	1969
7.	Bryan Alfultis	56'-7.50"	1998
8.	Brandon Myer	56'-2.50"	2001
9.	Edmund Lowe	55'-9.00"	1977
10.	Sam Scroggins	54'-10.00"	2005

Discus

1.	Neil Rock	192'-4.00"	1986
2.	Brandon Myer	181'-9.50"	2001
3.	Brandon Colbert	179'-2.00"	2009
4.	Mike Hintz	175'-7.00"	1985
5.	Jay Heddell	173'-7.00"	2003
6.	Josh Uchtman	172'-2.00"	2009
7.	Bryan Alfultis	170'-11.00"	1998
8.	Rick Wadlington	167'-2.50"	1971
9.	Dave Rhatington	165'-1.00"	1976
10.	Tim Pigg	164'-0.00"	1985

Javelin

1.	Randy Johnson	222'-3.00"	1997
2.	John Hogan	221'-9.00"	1988
3.	Bob Cohoon	218'-11.00"	1990
4.	Ben Stricklin	214'-6.00"	2008
5.	Matt Krich	201'-8.00"	1987
6.	Jason Theodorakos	198'-10.00"	2005
7.	Brian Knippen	192'-5.00"	2005
8.	Bryan Alfultis	191'-2.00"	1999
9.	John Schwepker	189'-3.00"	1988
10.	Sam Corrigan	182'-11.00"	1992

Long Jump

1.	Shelton Scott	25'-6.25"	2003
2.	John Berry	25'-5.50"	2008
3.	Jon Riley	25'-5.00"	1996
4.	Rashide Ward	25'-0.75"	1989
5.	Mark Daye	25'-0.00"	1977
6.	Earl Whiting	24'-10.25"	1984
7.	Ed Russell	24'-9.50"	1980
8.	Glen Norwood	24'-6.75"	1991
9.	Tyler Terry	24'-6.50"	2010
10.	Rick Townsend	24'-6.00"	1980

Triple Jump

1.	Keith Presberry	53'-5.00"	1986
2.	Earl Whiting	52'-10.25"	1986
3.	Mike Roberson	52'-7.50"	1988
4.	Shelton Scott	52'-2.00"	2003
5.	Jon Riley	51'-8.50"	1998
6.	Charles Taylor	51'-6.00"	1978
7.	Mark Daye	51'-4.50"	1977
8.	Bilal Hameed	50'-7.50"	2008
9.	Andrew Presberry	50'-7.00"	1982
10.	Mike West	49'-11.75"	1993

High Jump

1.	Jim Lohr	7'-1.50"	1984
2.	Alex Neophytou	7'-0.50"	1990
3.	William Johnson	7'-0.00"	1983
	Kevin Market	7'-0.00"	1983
5.	Adrian Barnhill	6'-11.75"	2000
6.	Scott Cant	6'-11.00"	1986
	Thad Tipton	6'-11.00"	1995
	Garvin Ambrose	6'-11.00"	2001
9.	Andrew Lambert	6'-9.00"	2005
10.	Curtis Williams	6'-8.75"	1966
	Josh Sutton	6'-8.75"	2009

Pole Vault

1.	Bob Ferguson	17'-10.25"	1987
2.	Jaret Willi	17'-2.50"	2002
3.	John Schwepker	17'-0.00"	1988
4.	Tim Davis	16'-5.25"	1997
5.	Rich Schwepker	16'-4.00"	1989
6.	Jordan Willi	16'-0.50"	2004
7.	Chris Moore	16'-0'.00'	1998
	Jim Fox	16'-0.00"	1998
9.	Kevin Lea	15'-9.00"	1981
	Matt Murphy	15'-9.00"	1990
	Chris Prescott	15'-9.00"	1997



JOSH UCHTMAN
Shot Put



2011 SOUTHEAST MISSOURI TRACK & FIELD

MEN'S ALL-TIME TOP-TEN PERFORMANCE LIST

4 X 100 Meter Relay

1. Rob Thomas 39.86 1984
Mike Dwyer
Barry Hibbert
David Jackson
2. Deric Haynes 40.00 1987
Darrel Grady
Terry Harrison
Tim Williams
3. Keith Hubbard 40.25 1982
Andrew Presberry
Rob Thomas
Rick Reynolds
4. Eric Hornsby 40.44 1977
James Williams
Richard Williams
Rich Wilson
5. Chris Poindexter 40.69 2005
Jon Jefferson
Miles Smith
Alonzo Nelson

4 X 200 Meter Relay

1. Ken McNair 1:24.51 1984
Rob Thomas
David Jackson
Mike Dwyer
2. Chris Gill 1:25.52 2007
David Reid
Brandon Simpson
Chris Poindexter
3. Rich Wilson 1:25.64 1977
Rick Townsend
Eric Hornsby
Richard Williams
4. Brian Cowan 1:25.84 1996
Dewayne Johnson
Markeith Crawford
Eric Wade
5. Tim Williams 1:25.87 1987
Deric Haynes
Darrel Grady
Terry Harrison

4 X 400 Meter Relay

1. Alonzo Nelson 3:05.54 2006
Chris Poindexter
Walter Washington
Miles Smith
2. David Jackson 3:05.88 1984
Mike Dwyer
Carl Bell
Rob Thomas
3. Alonzo Nelson 3:06.49 2005
Chris Poindexter
Chaz Brown
Miles Smith
4. Brian Coleman 3:08.74 1991
Terrance Branch
Donnie Phillips
Jamal Carson
5. Walter Washington 3:09.16 2006
Chris Gill
Alonzo Nelson
Miles Smith

4 X 800 Meter Relay

1. Carl Bell 7:28.84 1985
Ken Franklin
Shaun Carlile
Norm Kellar
2. Ted McMillan 7:35.97 1990
Fred Jones
Eric VanMatre
Jon Daly
3. Edgar White 7:37.40 1977
R. McGowan
G. Williams
C. Logan
4. Norm Kellar 7:41.24 1986
Pedro Caceres
Shaun Carlile
Carl Bell
5. Adam Shupe 7:41.79 2002
Tyson Brown
Chaz Brown
Chad Sierman



Sprint Medley Relay

- | | | | |
|----|--|---------|------|
| 1. | Rob Thomas
Mike Dwyer
David Jackson
Joe Lackner | 3:19.00 | 1984 |
| 2. | Rob Thomas
Barry Hibbert
David Jackson
Joe Lackner | 3:19.55 | 1984 |
| 3. | Brian Cowan
Dewayne Johnson
Markeith Crawford
Deryl Gardner | 3:22.00 | 1995 |
| 4. | Emmanuel Opoku
Derrick Brown
Jason Campbell
Tyson Brown | 3:22.03 | 2001 |
| 5. | Brian Cowan
Dewayne Johnson
Markeith Crawford
Deryl Gardner | 3:22.20 | 1996 |

Distance Medley Relay

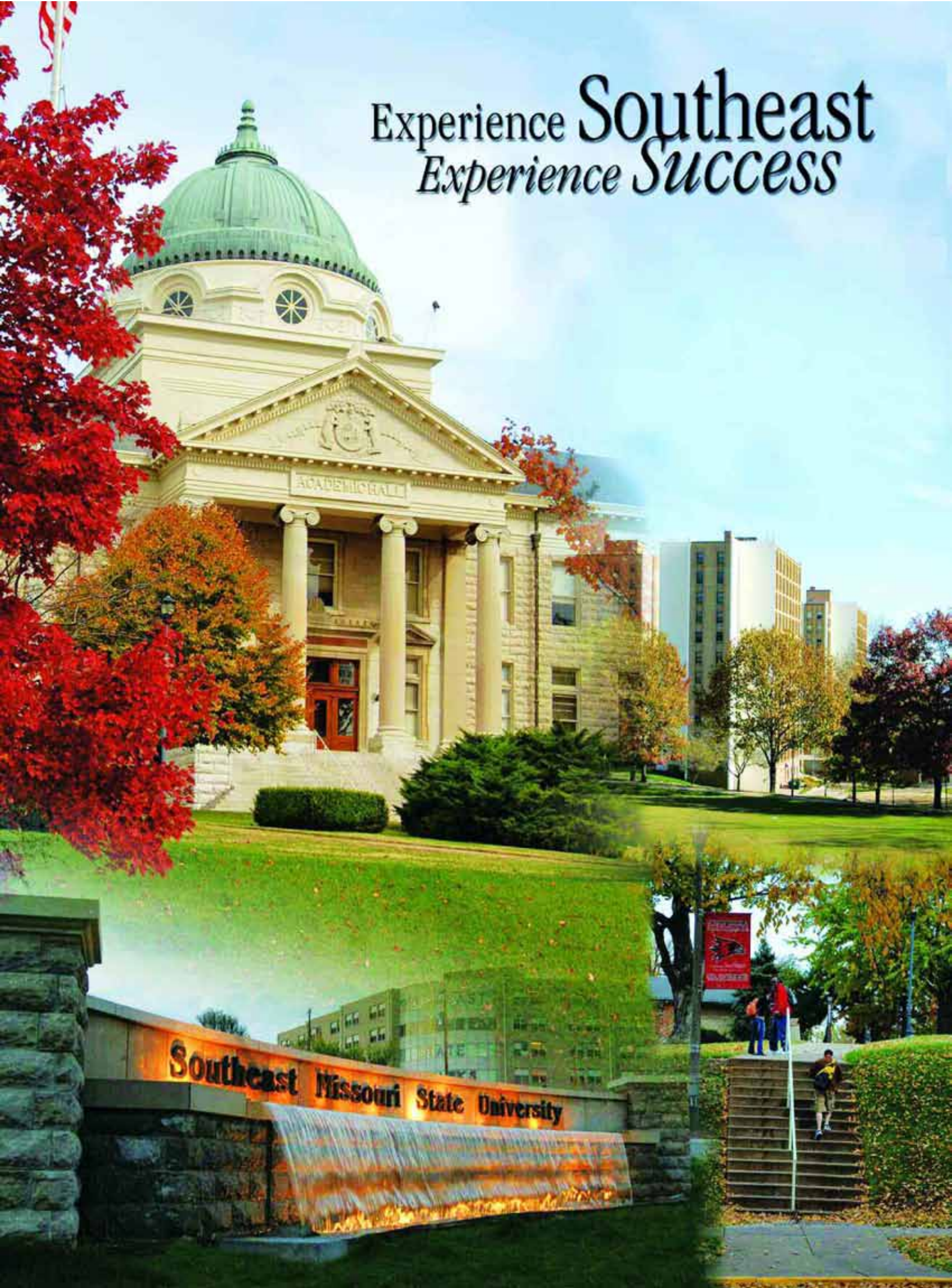
- | | | | |
|----|--|---------|------|
| 1. | Pedro Caceres
Carl Perkins
Shaun Carlile
Brian Radle | 9:45.87 | 1986 |
| 2. | Joe Lackner
Ken McNair
Shaun Carlile
Mike Vanatta | 9:47.30 | 1984 |
| 3. | Brian Radle
Terry Harrison
Fred Jones
Pedro Caceres | 9:51.20 | 1987 |
| 4. | Jon Langhans
Markeith Crawford
Deryl Gardner
Glen Lomenick | 9:54.34 | 1995 |
| 5. | James McCrackin
Markeith Crawford
Deryl Gardner
Joe Dandridge | 9:58.59 | 1993 |



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2010-2011 SCHEDULE

INDOOR

Dec. 4	Arkansas State Kick-Off Classic	JONESBORO, AR
Jan. 14-15	Saluki Booster Club Invitational	CARBONDALE, IL
Jan. 22	Illi Classic	CHAMPAIGN, IL
Jan. 28-29	Indiana Relays	BLOOMINGTON, IN
Feb. 4-5	Frank Sevigne Husker Invitational	LINCOLN, NE
Feb. 11	Hoosier Hills Invitational	BLOOMINGTON, IN
Feb. 18	REDHAWKS INVITATIONAL	CAPE GIRARDEAU
Feb. 25-26	Ohio Valley Conference Indoor Championships (hosted by Eastern Illinois)	CHARLESTON, IL
Mar. 4-5	Alex Wilson Invitational	SOUTH BEND, IN
Mar. 11-12	NCAA Indoor Championships (hosted by Texas A&M)	COLLEGE STATION, TX

OUTDOOR

Mar. 19	Rhodes Invitational	MEMPHIS, TN
Mar. 26	Vanderbilt Black & Gold Invitational	NASHVILLE, TN
Apr. 1-2	JOEY HAINES INVITATIONAL	CAPE GIRARDEAU
Apr. 8-9	Tom Botts Invitational	COLUMBIA, MO
Apr. 16	Jace Lacoste Invitational	STARKVILLE, MS
Apr. 23	Mississippi Open	OXFORD, MS
Apr. 28-30	Drake Relays	DES MOINES, IA
May 6-7	Ohio Valley Conference Outdoor Championships (hosted by Murray State)	MURRAY, KY
May 13	Louisville Invitational	LOUISVILLE, KY
May 26-28	NCAA Preliminary- West Region (hosted by University of Oregon)	EUGENE, OR
Jun. 8-11	NCAA Outdoor Championships (hosted by Drake University)	DES MOINES, IA

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